



## One way to stay safe

Primary school on road to easing congestion

SEE PAGE 6



## Local talent on artist shortlist

£10,000 painting prize celebrates best new art from the East End

SEE PAGE 10



## Meet farms' new arrivals

Lambs, bunnies, kids and chicks frolicking on the borough's farms

SEE PAGES 18 & 19

ISSUE 1059 11 - 17 MAY 2015

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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Ali and Fitzpatrick re-elected as MPs

BY KELLY POWELL

**RUSHANARA Ali and Jim Fitzpatrick have been re-elected to represent Tower Hamlets as Members of Parliament at the General Election on May 7.**



Jim Fitzpatrick, re-elected in Poplar and Limehouse



Rushanara Ali, re-elected in Bethnal Green and Bow

The count took place at the ExCel Centre at Royal Docks. The announcement for the Poplar and Limehouse constituency came just before 5am, with Mr Fitzpatrick (Labour) re-elected with 29,886 votes, on a turnout of 62.44 per cent. The Bethnal Green and Bow result was declared at 5.35am, when

Ms Ali (Labour) was re-elected with 32,387 votes, on a turnout of 64.29 per cent.

Speaking at the declaration, Mr Fitzpatrick said: "I'd like to thank the people of Poplar and Limehouse who have elected me for a fifth time. I am proud to represent this historic constituency and its people."

Ms Ali said: "I'd like to thank the people who have trusted me to be their Member of Parliament once again. The incredible place that is Bethnal Green and Bow is full of talented,

creative and big-hearted people from so many wonderful and diverse communities."

The candidates thanked the council's acting returning officer, his staff and the police for their efforts in ensuring that the election ran smoothly and was a free and fair contest.

There will be further elections in Tower Hamlets on Thursday, June 11 when polls will be held to elect a mayor of the borough and a councillor for Stepney Green ward.

■ Continued on page 3



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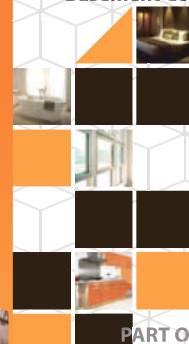
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# Europe-wide tradition

A maypole is part of many European folk festivals and a dance takes place around it on May Day.



# Myths of the maypole

Although the precise meaning of the maypole is lost in time, the practice became popular in the Middle Ages, with the poles becoming symbols of bringing local communities together.

SEE BELOW

## News

**East End Life** is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.  
Tel: 7364 3179 Fax: 7364 4917  
Email: eastendlife.news@towerhamlets.gov.uk



**Editor** Helen Watson  
Tel: 7364 3173  
**Deputy Editor** Russell Cotman  
Tel: 7364 4128  
**Reporter** Jessica Odubayo  
Tel: 7364 4365  
**Photos** Kois Miah  
Tel: 7364 3253

**Advertisement Manager** Sharan Ahmed  
Tel: 7364 4061  
**Senior Advertising Sales Executive** Christine O'Doherty  
Tel: 7364 4994  
**Senior Advertising Sales Executive** Fatima Khan  
Tel: 7364 4623  
**Advertising Production Controller & Sales Executive** Terri Gornall  
Tel: 7364 4682  
**Distribution Manager & Finance** Abdul Miah  
Tel: 7364 0474

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eastendlife

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Clockwise from above : A May king and queen from each school; Mayflower School pupils at Chrisp Street; Marner School pupils join in with the fun; Folk Dance Remixed dance around the maypole



# May Day merriment

BY HELEN WATSON

## A TASTE of old England came to town on May 1 as Poplar played host to its first urban May Day festival.

Chrisp Street came alive as children danced around the maypole and listened to tunes from a folk band.

Pupils from Mayflower and Marner primary schools performed folk and street dances and each school crowned a May Day king and queen.

Folk Dance Remixed also performed their unique version of the maypole dance with an urban twist, and held a workshop for local children on how

to dance round the maypole.

There were also May Day themed crafts like, making garlands and face painting, as well as food stalls.

The event was organised by Poplar HARCA and East End Community Foundation, in association with Marner and Mayflower Schools and Folk Dance Remixed.

Abida, 8, and Aliza, 4



One way to stay safe... Local talent on artist shortlist... Meet farms' new arrivals... **eastendlife** NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY **Ali and Fitzpatrick re-elected as MPs**

## Inside this week's issue

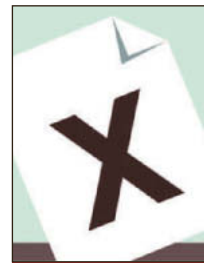
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## Mayoral and Stepney ward election

There will be further elections on Thursday, June 11 when polls will be held to elect a mayor of Tower Hamlets and a councillor for Stepney Green ward.



## Register to vote

Register by May 26 and apply for a postal vote before 5pm on May 27.

### News

# Ali and Fitzpatrick re-elected as borough's MPs

■ continued from page 1

Residents who need to register to vote in those elections must do so by May 26 and the

deadline to apply for a postal vote is 5pm on May 27.

Full results of the parliamentary elections were:

## Poplar and Limehouse

202 rejected ballot papers

Elaine Bagshaw, Liberal Democrats, 2,149

Maureen Childs, Green Party, 2,463

James Fitzpatrick, Labour Party, 29,886

Nicholas McQueen, UKIP 3,128

Rene Claudel Mugenzi, Red Flag Anti-Corruption, 89

Hugo Pierre, Trade Unionist and Socialist Coalition, 367

Christopher Wilford, The Conservative Party Candidate, 12,962

## Bethnal Green and Bow

263 rejected papers

M Rowshan Ali, Communities United Party, 356

Rushanara Ali, Labour Party, 32,387

Elliot Ball, The 30-50 Coalition, 78

Jonathan Dewey, Cannabis is Safer than Alcohol, 303

Alasdair Iain Henderson, Whig Party Candidate, 203

Teena Lashmore, Liberal Democrats, 2,395

Paula McQueen, UK Independence Party, 3,219

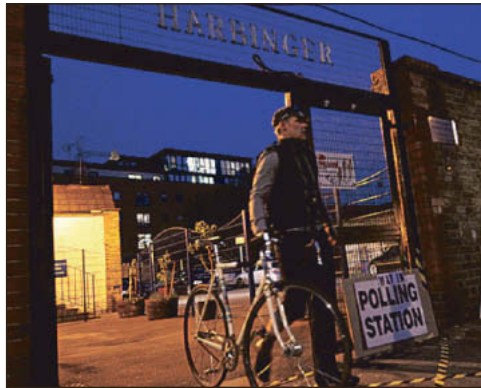
Jason Andrew Pavlou, Red Flag Anti-Corruption, 58

Alistair Polson, Green Party, 4,906

Glyn Robbins, Left Unity – Trade Unionists and Socialists, 949

Matt Smith, The Conservative Party Candidate, 8,070

Visit [www.towerhamlets.gov.uk/elections](http://www.towerhamlets.gov.uk/elections)



Above: polling stations around the borough. Below: the count at the ExCel Centre



### News in brief

## Did you witness motorists' row?

DETECTIVES are appealing for information following an argument between two motorists in Mile End.

The incident occurred at 11.30pm on Tuesday, April 14 at the junction of Mile End Road and Grove Road. The two vehicles involved were a silver Vauxhall Zafira and a motorcycle.

Following the incident the driver of the car, a 42-year-old man, was taken to hospital where he received treatment for a dislocated shoulder.

Detective sergeant Rob Brown, from Tower Hamlets CID, said: "We are keen to speak to anyone who may have witnessed this incident or has any information. It may be someone recorded what happened on their phone; if so please contact us."

Call 101, quoting reference number 4209590/15. To remain anonymous, call 0800 555111.

## Sharing care info

THE NHS is asking people for their views on how medical records should be used to support health and care.

Public health and care organisations need to ensure that clinicians have access to the right medical information about patients, at the right place and time.

This medical information can be shared electronically, and local clinicians want to hear from patients as to how they should responsibly do this.

They are inviting residents to attend a forum on Thursday, May 14 from 4-7pm at the Osmani Centre, 58 Underwood Road, Whitechapel.

Email [info@towerhamletsccg.nhs.uk](mailto:info@towerhamletsccg.nhs.uk) or call 3688 2500.

## Donate your paint

HOUSEHOLDS that have leftover paint after redecorating are being encouraged to donate it.

Community RePaint collects unwanted, surplus paint and re-distributes it to individuals and families in need. Call 0845 1800501 or visit [www.communityrepaint.org.uk](http://www.communityrepaint.org.uk)



## Government direction

**FOLLOWING proposals issued by the government last week, the Secretary of State has confirmed that he has issued a further direction to the council.**

This direction, which will give government-appointed commissioners extended powers at the council, will be in place until October 2015 and may end before that date.

A council spokesperson said: "Tower Hamlets is working productively with DCLG appointed commissioners to implement a number of directions, including the one issued on May 6.

"Our focus continues to be on providing high-quality and efficient services for our residents."

BY STAFF REPORTER

**ON the fourth anniversary of the fatal shooting of a man in Bow, detectives investigating his murder have renewed their appeal for witnesses and information.**

There is a reward of up to £20,000 for information leading to the identification, arrest and prosecution of those responsible for the murder of Wayne Stockdale.

Mr Stockdale, from Poplar, was aged 42 at the time of his death. He was shot in Rounton Road, near the junction with Knapp Road, E3 shortly before 10.20pm on Friday, May 6, 2011.

He was taken to the Royal London Hospital where he died four days later. A post-mortem examination gave cause of death as gunshot wound to the head.



Wayne Stockdale, murdered in Bow in 2011

Detectives say Mr Stockdale was riding a bicycle in Rounton Road when two suspects, armed with handguns, got out of a vehicle and shot him. They then made their way to the parade of shops in Devons Road and discharged a number of

shots in the direction of a group who were standing outside.

They fled the scene, back towards Knapp Road, and got into a car to continue their getaway. The suspects were wearing face coverings and were either black or Asian in appearance.

In enquiries carried out so far, detectives have not found any evidence of motive, or a reason why Mr Stockdale would have been targeted. It is believed he may have been shot as a result of mistaken identity.

Acting detective inspector Peter Hine, who is leading the investigation, said: "It's now four years since Wayne was murdered, leaving a family waiting for his killers to be brought to justice.

"We have always maintained that Wayne was not the intended target for this incident, which

saw shots fired both at him and into the street.

"We are appealing for anyone who knows what happened to contact us. We are urging those who have remained silent all these years to think about Wayne's family and re-examine their consciences and help bring his killers before a court.

"My direct appeal to those that know who is responsible is: Trident has a history of treating the information that is passed to them in confidence, and offering support and protection to those that do the right thing and come forward to help prosecute offenders."

Anyone with any information that could help police is urged to call 8785 8267, in confidence. Anyone who wants to remain anonymous can call Crimestoppers on 0800 555111 or via [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)



# Youth Opportunity Fund 2015

If you are aged 13-19 (up to 25 with SEN) and live, work or study in Tower Hamlets, you can apply for a grant of up to £3,500 to deliver a community based project.

Completed applications must be received by Friday 29 May 2015.

Please visit [www.towerhamlets.gov.uk/youth](http://www.towerhamlets.gov.uk/youth) for more details and to download the application form.

Alternatively you can email the Youth Opportunity Fund team: [boris.rupnik@towerhamlets.gov.uk](mailto:boris.rupnik@towerhamlets.gov.uk) or call 020 7364 3091



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## Once upon a time...

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[WWW.STARLIGHT.ORG.UK](http://WWW.STARLIGHT.ORG.UK)

## Community helpers

Groups and organisations across the borough are set to benefit from the support of volunteers on May 15.

SEE BELOW

### News

# Story stars have perfect cure for poorly children

BY JESSICA ODUBAYO

**STARLIGHT Children's Foundation brought a dose of sunshine to ill youngsters at the Royal London Hospital when a storytelling group paid a visit last month.**

Performers staged adaptations of well-loved children's classics including Beauty and the Beast, The Wizard of Oz and The Jungle Book. The interactive plays were full of fun and young patients laughed and cheered as the four actors sang, danced and performed for them, their families and staff.

Tara Shea, leader of the play team at the Royal London, said: "The children really enjoyed the show. We use play to help comfort children from the anxiety that they might be feeling because of their illness and being in hospital.

"There's nothing like a story to capture a child's imagination



Azhar Malik, from Bethnal Green, is surrounded by the cast in his hospital bed

and create a world full of enchantment and laughter.

"We are very grateful to Starlight's storytellers' tour for providing the opportunity for our young patients to forget their illness for a short while and simply have some fun."

Every year, Starlight provides entertainment to more than half

a million poorly children and the Starlight storytellers' tour gives thousands the chance to enter the magical world of storytelling from the safety of the hospital ward.

Azhar Malik, seven, from Bethnal Green, recently hurt his arm at school but was all smiles when he met the storytellers' cast.

Neil Swan, the foundation's chief executive, said the tour was very popular last year.

He added: "We're delighted to bring storytelling and fun to poorly children for a second year running.

"We hope that the stories will be just what the doctor ordered."



Starlight's storytellers act out Beauty and the Beast

## Business gives community helping hand

**BUSINESS volunteers will visit schools, community schemes and housing organisations as part of Give and Gain Day this Friday, May 15.**

The day of volunteering has been organised by charity Business in the Community.

Now in its eighth year, Give and Gain Day encourages businesses and their employees to spend a day helping good causes in their local community.

Activities in Tower Hamlets include teaching young people about food and healthy cooking at St Luke's C of E and George Green's schools while volunteers will give pupils one-to-one support at Lawdale Junior School.

Twenty business volunteers will work at Oaklands School, maintaining the roof garden and developing a courtyard space as a safe environment for students with special needs. And 12 volunteers will work with

homelessness charity Providence Row, to create mosaics in its new roof garden with the help of clients.

A spokeswoman said: "By getting people volunteering on one day, Business in the Community aims to raise awareness of the talent and skills in London's businesses, highlight the appetite among business to help communities prosper and encourage more businesses to get involved in volunteering."

### News in brief

#### Nappies on show

PARENTS and carers can get to grips with real nappies at a Nappuccino event.

On Tuesday, May 12 at Whitechapel Idea Store, the Washable Nappy Company will be on hand to give advice on using real nappies.

The event will provide parents with an opportunity to meet mums and dads, who are already using real nappies, and discover what are the benefits of going green.

The event takes place from 10am to 12 noon. Tower Hamlets residents who are expecting a baby or a have a child aged under 18 months, can apply for a £40 voucher to try real nappies.

People will also be able to buy nappies at the event.

Residents need to register, as spaces are limited, and bring

along proof of identity, address and birth or pregnancy in order to obtain a voucher.

For more information, or to register for Nappuccino, call 7364 6931 or send an email to [recycling@towerhamlets.gov.uk](mailto:recycling@towerhamlets.gov.uk)

#### Poppies' art award

BLOOD Swept Lands and Seas of Red has been named as the best touring exhibition in the UK at the Museums and Heritage Awards for Excellence.

The display at the Tower of London, which marked the centenary of the outbreak of World War I, was created by artists Paul Cummins and Tom Piper.

The moving exhibit saw 888,246 ceramic poppies gradually fill the Tower's moat and brought the area to a standstill as people flocked to see the artwork.

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## Leading light Zeynep

"We hope this experience will be a first step for Zeynep in becoming a powerful advocate for children's rights."

UNICEF UK EXECUTIVE DIRECTOR DAVID BULL, BELOW

### School news



## Easing congestion outside primary

"The voluntary one-way system outside Cayley School in Stepney is a good idea as it often gets congested at pick-up time. No one can move and it causes stress."

VANDYCK KUBI, COLLECTING SON JAYDEN

# Less stress on the school run

## Stay chilled to stay alert

**TWO stainless steel industrial tap water dispensers have been installed at St Mary & St Michael Primary School in Stepney to deliver chilled, filtered water to pupils.**

Not-for-profit organisation Tap Water installed the dispensers to highlight the benefits of drinking water. Each pupil at the school has been provided with a stainless steel bottle to use, to reduce the damaging effects of plastic waste on the environment.

A spokesman for Tap Water said: "We were really impressed by the school's commitment to the children's health."

"It is well known that staying hydrated helps children concentrate and perform better in school, not to mention the many other health benefits of drinking tap water and avoiding sugary drinks."



BY JESSICA ODUBAYO

**HEAVY school-run traffic outside Cayley Primary in Stepney is becoming a thing of the past, thanks to the introduction of a voluntary one-way system (VOWS).**

To ease congestion during busy times, parents who transport their children to the school agreed to use a prescribed route, north along Hearnshaw Street, past the school's rear entrance in Repton Street.

The system is just one of the measures in Cayley's travel plan to reduce traffic congestion and encourage pupils to walk or cycle. Traffic now runs more smoothly and it is safer for pedestrians and cyclists too.

Sadia, 11, and Moshin, 7, with teaching assistant Juliet Kirk

The council has been working with schools in the borough for ten years, helping them create and implement travel plans. This has helped reduce car use across the borough.

John Rymell, the council's school travel adviser, said: "Parents at Cayley School were originally sceptical, saying that non-school traffic wouldn't be aware of the system, but almost all of it is school traffic, as other drivers know to avoid the area at school times."

VanDyck Kubi, who collects his five-year-old son Jayden from the school, said: "The VOWS is a good idea as it often gets congested at pick-up time."

"No one can move and it causes stress."

Shajedha, a mum who collects three children from the school, said: "As the kids are always running around, I hope the system makes a difference."

Yusuf Hussain, a dad who also collects three children from the school, said: "The one way road system is a good idea. When traffic comes both ways, it is less safe."

Cayley is the first primary school in Tower Hamlets to provide Bikeability cycle training sessions in house, teaching staff to become cycling instructors.

Head teacher Judith Stanley-Smith said the introduction of the system had already had positive feedback from parents, including a father of a year three child who has offered to help give parents a reminder, once a term, about driving in one direction.

Any teacher or parent can get involved in encouraging more active travel to school. For details call John Rymell on 7364 6918 or email [john.rymell@towerhamlets.gov.uk](mailto:john.rymell@towerhamlets.gov.uk)



SEVENTY FIVE children from four schools celebrated completing a mentoring programme.

The event was held at the office of international law firm Norton Rose Fulbright LLP. The 9- to 11-year-olds from Harbinger, Stewart Headlam, Cubitt Town and Selwyn primary schools completed the programme run by Mosaic, an initiative founded by The Prince of Wales and part of Business in the

Community. Mosaic's eight- to ten-week primary school programme equips pupils with skills to connect education to the world of work at an early age. Mentors are assigned to pupils, building their confidence and self-belief. Volunteer mentors come from a variety of professional backgrounds and sectors, including company directors, health professionals, lawyers, accountants and artists.

## Zeynep, 17, to share youth views with world leaders

**ZEYNEP Binboga (pictured right) from George Green's School on the Isle of Dogs is one of only six young people from the UK chosen to attend the J7 Youth Summit in Berlin.**

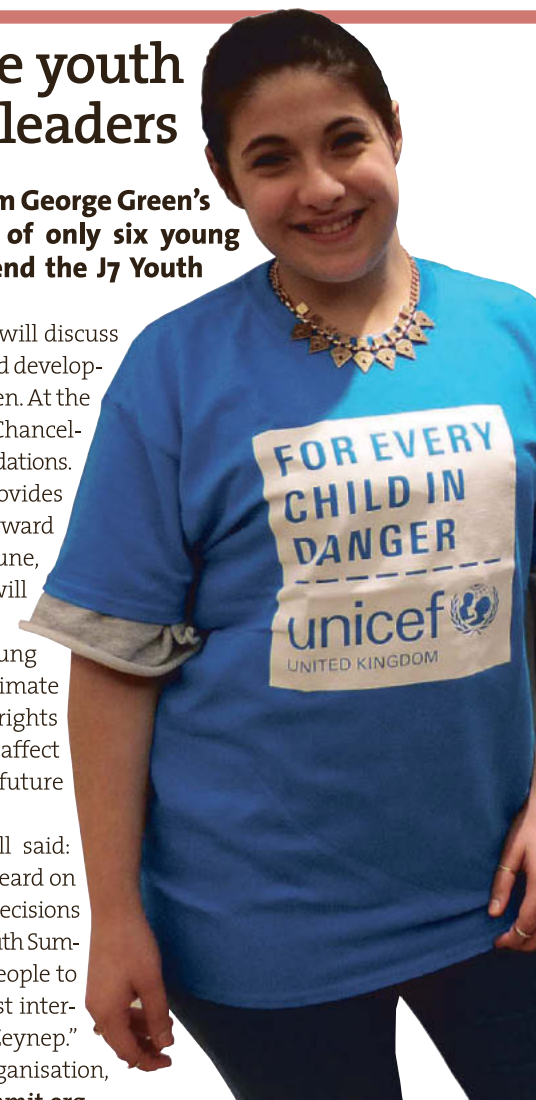
Participants at the event, from May 7-13, will discuss topics including climate change, poverty and development, and empowerment of girls and women. At the end of the summit, they will meet German Chancellor Angela Merkel to present their recommendations.

The summit, co-organised by Unicef, provides young people with an opportunity to put forward opinions to the G7 leaders summit in June, where governments and heads of state will discuss global political issues.

Zeynep, 17, said: "It's important for young people to take action on issues such as climate change, development and child and youth rights because these are issues which do not only affect adults – they are factors which dictate the future for us and the generations to come."

Unicef UK executive director David Bull said: "Children have a right to a voice and to be heard on all matters that affect them. The G7 leaders' decisions impact heavily on children's lives and the J7 Youth Summit is an opportunity for these six young people to really make their voices heard at the highest international level. We are immensely proud of Zeynep."

Unicef is the world's leading children's organisation, working in 190 countries. Visit [www.j7summit.org](http://www.j7summit.org)







## Commemorating VE Day

To commemorate the 70th anniversary of VE Day, council officers observed a two-minute silence at 3pm on Friday, May 8 and the Union Flag was flown from the Town Hall in Poplar.

## 70th anniversary

Friday, May 8, 2015 was the anniversary of VE Day (Victory in Europe Day) – 70 years since the end of WWII in Europe.

### News

## Join local health panel

**RESIDENTS with a passion for healthcare are being asked to join a panel which will help the local NHS communicate with patients.**

The Shadow People's Panel, running between June and August 2015, will help support, design and guide how NHS Tower Hamlets Clinical Commissioning Group (CCG) engages with patients, carers and the public.

The temporary, part-time role will involve attending up to eight sessions from June 8 to July 31. Sessions will take place about once a week and last two or three hours.

Visit [www.towerhamletscg.nhs.uk/getinvolved](http://www.towerhamletscg.nhs.uk/getinvolved), email [info@towerhamletscg.nhs.uk](mailto:info@towerhamletscg.nhs.uk) or call 3688 2500 by May 31.



Sally Flood, at the end of World War II, and (right) now

AS residents of all ages took part in events to mark the 70th anniversary of VE (Victory in Europe) Day, and the end of World War II, celebrations were particularly poignant for older residents, including Sally Flood and Gus Bialik. The pensioners were featured in special BBC programmes, commemorating the anniversary.

Sally, 89, who has lived in Whitechapel all her life, told Radio 5 Live that VE Day was a wonderful, memorable occasion. "It started early in the morning. Everyone was cheering and off we went to Trafalgar Square where it was all happening. "It was unimaginable. We sang until the early hours of the morning – we didn't want to go home. Strangers kissing each other... it was really wonderful," she said.

The octogenarian told East End Life that she planned to spend the 70th anniversary weekend at home, although her children wanted her to throw a party.

Gus Bialik, 101, has lived through both world wars. He volunteers for Interger, a charity in Bethnal Green which



works in schools to give younger people a chance to learn from their elders.

Gus features in a new BBC 2 four-part series, Britain's Greatest Generation. The programme started on Friday, May 8 and celebrates ordinary Britons who lived through the war.

## Illegal palm oil warning

**THE council has issued a warning to retailers and consumers about unlabelled containers of palm oil.**

The borough's food safety team believes containers of the palm oil contain an illegal dye, Sudan IV.

The dye is considered to be a genotoxic carcinogen (a substance that reacts with DNA, causing cancer) and is not permitted in UK food.

The Kemtoy Miyan cash and carry in SE16 was found to be selling unlabelled containers of palm oil from Ghana.

To assist in correct identification of this product, a picture can be found at [www.food.gov.uk/sites/default/files/unlabelled-ghanaian-palm-oil-pd.pdf](http://www.food.gov.uk/sites/default/files/unlabelled-ghanaian-palm-oil-pd.pdf)

Call 7364 5008 or email [food.safety@towerhamlets.gov.uk](mailto:food.safety@towerhamlets.gov.uk)

# Sniffer dogs find illicit tobacco haul

BY STEFAN SWIFT

**A SHOP in Whitechapel was found guilty of possessing thousands of pounds worth of illicit tobacco at Thames Magistrates' Court last month.**

The director of Geet Ghar in Osborn Street, Whitechapel, was fined £1,000 and ordered to pay £2,823 in costs, as well as a victim surcharge of £100 for the offence under the Consumer Protection Act 1987.

Mohammed Razual Karim pleaded guilty to the charges following a visit by the council's consumer and business regulations team in August last year.

Officers visited the shop and were led to a staggering 1,704

packets of illicit cigarettes and 20 pouches of tobacco by a sniffer dog.

All of the products were discovered secreted around the premises and had an estimated sales value of £13,000.

Karim told the court that he will pay the full amount at a rate of £100 per week until the fines are cleared. A collection order was also made so the court can pursue action against him should he default on his payments

Dave Tolley, head of consumer and business regulations at the council, said: "This large amount of tobacco products was seized thanks to our hardworking team with support from sniffer dogs.

"We hope the success of this

case will act as a deterrent to those who feel they can operate above the law."

Council director of public health Dr Somen Banerjee added: "Cigarettes that are sold illicitly are not properly inspected and do not carry appropriate health warnings which play an important role in increasing awareness of the health risks.

"By quitting smoking you not only improve your health but those of people around you who would otherwise be exposed to the toxins and poisons in second hand smoke."

If you suspect someone of illegally trading, call 7364 5008 or email [tradingstandards@towerhamlets.gov.uk](mailto:tradingstandards@towerhamlets.gov.uk)

## Charity needs your vote to secure funds

A PROJECT which sells donated, affordable furniture and new white goods to residents on low incomes, hopes to secure £25,000 from a community fund.

Homestore, run by Bethnal Green charity Quaker Social Action, has been nominated for an award from the Aviva Community Fund and hopes to

secure the most public votes for the cash payment.

Visit <https://communityfund.aviva.co.uk/voting/project/view/3077/> by May 30 to vote.

## Thinking of further or higher education?

- Don't have a grant and need financial support for your course?
- Have you lived in Tower Hamlets for the last three years or more?

Then we may be able to help!

The Tower Hamlets & Canary Wharf Further Education Trust issues grants of up to £3,650\*

Closing date for all applications is 12 noon on Friday 12th June 2015

**Don't delay... apply today!**

For further information contact David Stone:  
020 7364 4888 / 07842 287031

Email [david.stone@towerhamlets.gov.uk](mailto:david.stone@towerhamlets.gov.uk)

Or download an application form from:  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

\*Dependent on course selected.  
See website for details





### Useful information

# Be mindful of mental health

## News from Tower Hamlets Public Health

**THE council is encouraging residents to be more mindful during Mental Health Awareness Week, as anyone can benefit from being more aware of the present moment.**

Every year the campaign, led by national charity the Mental Health Foundation, aims to promote positive mental health and wellbeing, and address mental ill-health issues.

This year's focus is mindfulness – a mind-body training technique that helps people observe the way they think and feel about experiences, whether good or bad.

Mindfulness can include meditation and yoga, encouraging participants to pay attention to the present moment, to become more aware of thoughts, feelings, and body sensations, instead of being overwhelmed by them. This practice has been shown to aid mental wellbeing.

Mindfulness is also recommended as a treatment for people with mental ill-health.

Mental health issues are more common than you may think as around a quarter of the population in the UK experiences a problem each year.

A recent study published by medical journal The Lancet found that people with depression who took part in mindfulness group-based therapy were just as likely to go two years without a relapse as those taking antidepressants.

The two-year trial involved a group of 424 adults of which half tried the pills and half took part in the therapy.

Those assigned to mindfulness took part in two-hour group sessions, including meditation, and cognitive behaviour exercises to address underlying mechanisms of relapse, plus home practice and optional follow-up sessions.

Those assigned to the other

group took prescription medication.

The study found that mindfulness-based therapy is as effective as pills at preventing recurrence of depression, and could offer a natural alternative for those not wanting to be on medication for years.

Luke Doherty, Breathing Space manager at the London Buddhist Centre, which offers mindfulness sessions, said: "By developing mindfulness, you can learn how to break the link between negative thinking and the negative moods that this can lead to."

An open house day entitled Get Involved, Get Connected aims to highlight the importance of mindfulness and alternative therapies. It takes place this Thursday, May 14, from 11.30am-4pm at 13 Whitethorn Street, E3. The day will host mindfulness activities including yoga, jewellery making, music and local service information.

For more information contact 7510 1081, [info@mithn.org.uk](mailto:info@mithn.org.uk)

The council's public health team in partnership with Compass Wellbeing, Mind in Newham and Tower Hamlets and local health trainers will be at the London Muslim Centre from 12 noon-2pm this Friday, May 15, promoting mental health services and answering questions.

■ Further information on health trainer programmes can be found at [www.towerhamlets.gov.uk/gethealthy](http://www.towerhamlets.gov.uk/gethealthy)

For more information on mental health services call Mind in Tower Hamlets on 7510 1081, or visit [www.mithn.org.uk](http://www.mithn.org.uk)

Compass Wellbeing offers help managing stress and anxiety, boosting self-esteem and lifting moods. Call 7791 3661, email [info@compasswellbeing.co.uk](mailto:info@compasswellbeing.co.uk) or visit [www.compasswellbeing.co.uk](http://www.compasswellbeing.co.uk)

Breathing Space teaches mindful-based approaches. Call 8981 1225, email or visit [www.breathingspacelondon.org.uk](http://www.breathingspacelondon.org.uk)

## Chemist rota

**Pharmacists in Tower Hamlets with extended opening hours.**

### E1

**ABC Drug Stores**, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

**Beck & Sherman**, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

**Sainsbury's**, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

## Advice

### East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

### Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. [fis@towerhamlets.gov.uk](mailto:fis@towerhamlets.gov.uk) 7364 6495

### Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

### Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

### Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

**Chapel**, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

### E2

**Fairdale**, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

**Florida**, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

### E3

**Bell**, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

**Forward**, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

**Green Light**, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

**Lincoln**, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

**Tesco**, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

### E14

**Boots**, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

## Doctors

**Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.**

### LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 [www.toynbeehall.org.uk](http://www.toynbeehall.org.uk)

### Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

### Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email [skillsmatch@towerhamlets.gov.uk](mailto:skillsmatch@towerhamlets.gov.uk)

### Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or [towerhamletsnct@yahoo.com](mailto:towerhamletsnct@yahoo.com) [www.nct.org.uk](http://www.nct.org.uk)

### Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

### Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

## Careers advice

### Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

### TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

### Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



## Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name .....

Address .....

Issue no. ....

Page no. ....





## St John makes a difference

St John Ambulance provides first aid and health and safety training for hundreds of thousands of companies, local authorities and members of the public. For details, visit...

[WWW.SJA.ORG.UK](http://WWW.SJA.ORG.UK)

## Life-saving actions

"It's lucky for me that someone in the family had learned how to do CPR. There's no doubt Lauren saved my life."

ROLAND WILLIAMSON, BELOW

### News

# Lauren's a life-saver after granddad has heart attack

BY JESSICA ODUBAYO

**A CANARY Wharf office worker saved her grandfather's life when he suffered a cardiac arrest, thanks to the first aid training she received from St John Ambulance.**

Office manager Lauren Williamson, 26, was the only member of her family who knew exactly what to do when her granddad, Roland, collapsed and stopped breathing at their home in Leigh-on Sea, Essex.

She was in the shower when she heard cries from her grandmother and her mother started banging on the bathroom door.

Lauren threw on a dressing gown and raced downstairs to find her

grandfather slumped on the sofa and her mum dialling 999.

"He'd vomited and it was obvious he wasn't breathing," Lauren recalled. "We dragged him onto the floor so I could start CPR (cardio pulmonary resuscitation).

"He vomited again so I put him in the recovery position but he stopped breathing again, so I started CPR again. I did about six rounds of chest compressions and rescue breaths before the paramedics arrived.

"The adrenaline kicked in and I just did what I'd been taught to do. The paramedics said it was a miracle he survived."

Roland regained consciousness after paramedics delivered electric shocks to his heart.

He was in hospital for three weeks and underwent an operation to have an automated implantable cardioverter defibrillator fitted in his chest (a device which uses electric shocks to control irregular heartbeats).

He was given the all-clear by doctors earlier this month and is now working his way back to his former fitness, walking two miles each day.

Roland said: "It's lucky for me someone in the family had learned how to do CPR. There's no doubt Lauren saved my life."

Lauren completed a first aid at work course with St John Ambulance last year and did a refresher course earlier last month.

Her trainer, Jon Woods, said: "We taught Lauren how to deal with life or death situations in the workplace.

"But her story just goes to show that everyone needs to learn basic first aid because a medical emergency can happen to anyone at anytime."

Roland gives Lauren a thank-you hug



Roland and Mavis Williamson with Lauren and her parents, Nicholas and Kim

### News in brief

#### Food award success

A PROJECT which enables people to buy directly from farmers and local producers was awarded Best British Food Initiative at the BBC Food and Farming Awards.

The Food Assembly collected the prize and was praised for bringing communities together to support local producers.

Every week the group, which has more than 3,500 members in east London, receives orders from customers who pick up their produce at a weekly market.

All the food comes from within 100 miles of the area.

The Food Assembly runs a market in Hackney Wick on Wednesdays from 5.30-7.30pm at Number 90, 90 Wallis Road, E9.

For details visit [www.hackneywickfoodassembly.co.uk](http://www.hackneywickfoodassembly.co.uk)

## Fund for work and training

**A FUND set up in memory of a trainee solicitor who died in a plane crash in Nepal is inviting grant applications.**

Charities and other organisations can apply for up to £2,500 to spend on helping residents achieve their education, employment and training goals.

Set up in partnership with East End Community Foundation (EECF), The Ben Ogden Memorial Fund was established in memory of Ben Ogden, a trainee in Allen & Overy's

employment and pensions department.

In his three years at Allen & Overy, Ben contributed to the community through charity and pro bono work and the fund continues his legacy.

Ben's parents, Andy and Pat, sister Amy and partner Stephanie said: "Our Ben lived life to the full and filled every moment either with a specific activity or by taking time to learn about something new.

"Ben cared enormously about the world in which he lived and

especially those people whom he came into contact with.

"Even though Ben was humble about his pro bono and community work, he was passionate about helping others and we are so proud that his legacy can live on through this important memorial fund."

The next deadline for applications is June 1, 2015.

Visit [www.eastendcf.org](http://www.eastendcf.org) or contact the EECF grants team on 7345 4444 or email [grants@eastendcf.org](mailto:grants@eastendcf.org) for more information.

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## Nun's the word for exhibitions

The Nunnery Gallery is on the ground floor of a former convent, and surrounded by Bow Arts studios. Exhibitions unite the history of the area with new artist commissions.

[BOWARTS.ORG/NUNNERY](http://BOWARTS.ORG/NUNNERY)

## Educating artists

For 15 years, Bow Arts schools programme has taken world-class artists into schools across London.

[BOWARTS.ORG/EDUCATION](http://BOWARTS.ORG/EDUCATION)

### Out & About

# Painting prize celebrates the best new work from East End artists

## Shortlisted candidates vying for £10,000 and a solo exhibition

BY MELANIE YEA

**A GROUP of 23 artists who live or work in east London have been shortlisted for the 2015 East London Painting Prize.**

Their work will go on show this month in an exhibition at The Rum Factory, at London Dock, Wapping.

The prize, now in its second year, celebrates the talent and diversity of artists living and working locally.

The prize has been created by The Legacy List (shortly to become the Foundation for FutureLondon) and Bow Arts Trust, with support from the Goldhill Family and the Zabłudowicz Collection.

Those on the shortlist have been selected by a panel including artist and painter Phoebe Unwin, Art Review editor Oliver Basciano, director of the Zabłudowicz Collection Elizabeth Neilson and Sarah Elson, founder of Launchpad, which supports emerging artists.

The eventual winner will be selected from the artists exhibited on Wednesday, May 13, winning a £10,000 cash prize and a solo exhibition in the Nunnery Gallery, Bow later in the year.

The shortlisted artists are:

■ **Hackney** – Michael Ajerman, Steven Allan, David Caines, Anna Freeman Bentley, Andrew Hladky, Kate Lyddon, Cathy Lomax, Lee Maelzer, Judith Rooze, Mimei Thompson.

■ **Newham** – Peter Donaldson, Marie Jacotey-Voyatzis.

■ **Redbridge** – Luke Rudolf

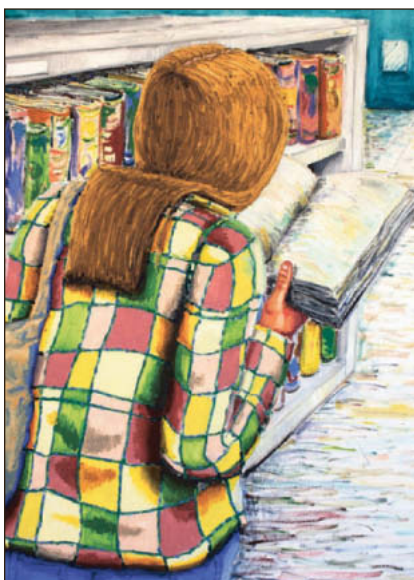
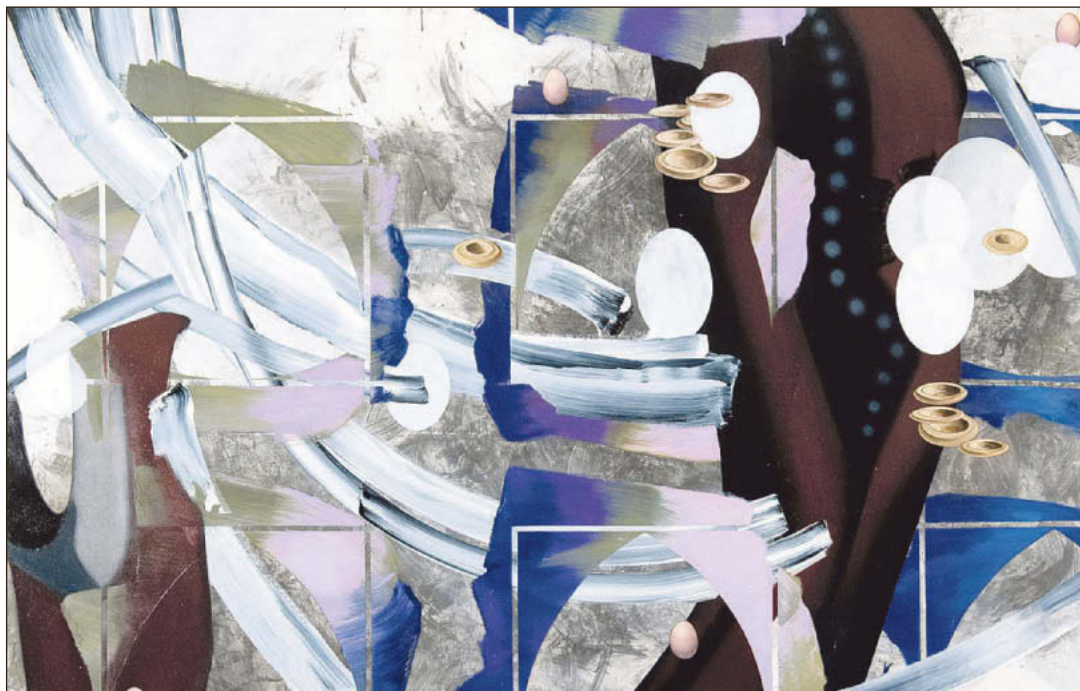
■ **Tower Hamlets** – Hannah Brown, Cyrus Shroff, Caroline Walker, Willem Weismann, Emily Wolfe, Vivien Zhang.

■ **Waltham Forest** – Benjamin Doherty, Katrin Maeurich, David Ben White, Josephine Wood.

Rosamond Murdoch, director Nunnery Gallery, said: "I am thrilled at the quality and quantity of entries this year.

"East London is a hotbed of talent and the painters shortlisted for this year's prize are a distillation of that quality."

Michael Goldhill, representative of the Goldhill family, added: "We are delighted to



**Top: Six Stencils, 2014, by Vivien Zhang.**

**Far right:**

**Katherine in Stripes, 2014, by Cathy Lomax.**

**Above right: Near Woolfardisworthy 2, 2013-14, by Hannah Brown.**

**Above: Library Guide, 2015, by Willem Weismann.**

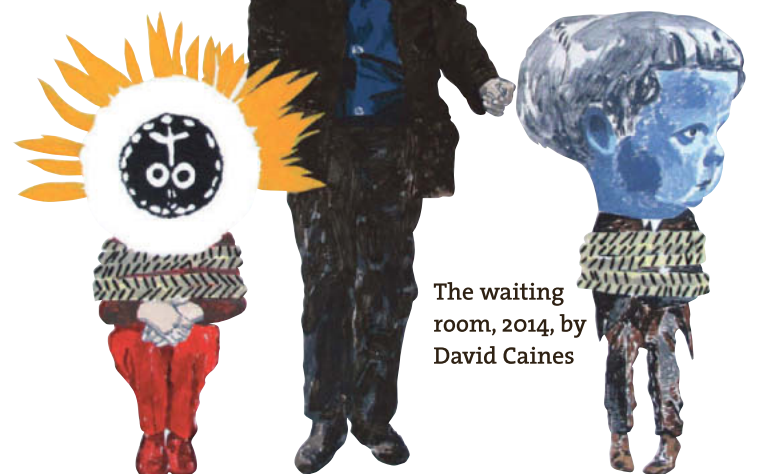
have helped create this painting prize in my late father's name, for emerging artists, living and working in the East End of London.

"We hope it will continue to grow in stature within the art community. Once again, the remarkable talent has enabled us to present a powerful show."

The winner will be announced on May 13.

The exhibition is open daily between 12 noon and 6pm, until May 17 at The Rum Factory, Pennington Street Warehouse, London Dock, E1.

For further information on the entries or the exhibition itself, visit <http://bowarts.org/elpp>



**The waiting room, 2014, by David Caines**





## Victoria Cross for veterans' valour

The Victoria Cross is the highest military decoration awarded for valour "in the face of the enemy" to members of the armed forces of Commonwealth countries and previous British Empire territories.

SEE BELOW

## Room for Growth

Youth engagement organisation Streets of Growth is moving from Poplar to Marsh Wall on the Isle of Dogs on June 1.

[WWW.STREETSOFGROWTH.ORG](http://WWW.STREETSOFGROWTH.ORG)

## News



Nick Woolley, son of Lieutenant Geoffrey Woolley, at the memorial event



Cpl Issy Smith was honoured with a stone in Ropewalk Gardens

# Memorials to WWI bravery

BY SHALINA HUSSAIN

**TWO war veterans from Tower Hamlets who were awarded the Victoria Cross have been honoured with specially commissioned paving stones as part of the government's World War I centenary campaign.**

The stones for Corporal Issy Smith and Lieutenant Geoffrey Woolley were unveiled on April 29 and 30 by the council.

Cpl Issy Smith was honoured with a stone in Ropewalk Gardens. It is believed he was born Ishroulch Shmeilowitz in 1890. Aged 11, Smith embarked as a stowaway aboard a vessel to London. He arrived in Tower Hamlets, where he attended Berner Street School and worked as a deliverer.

Smith served in the army for a time before World War I but emigrated to Australia shortly before its outbreak. Retained as a reservist, Smith was mobilised by the British Army after the commencement of hostilities in August 1914.

He was awarded the Victoria Cross: "For most conspicuous

bravery on April 26, 1915 near Ypres, when he left his company on his own initiative and went well forward towards the enemy's position to assist a severely wounded man, whom he carried a distance of 250 yards into safety, while exposed the whole time to heavy machine-gun and rifle fire.

"Subsequently, Corporal Smith displayed great gallantry, when the casualties were very heavy, in voluntarily assisting to bring in many more wounded men throughout the day, and attending to them with the greatest devotion to duty, regardless of personal risk."

He returned to Australia in 1925 with his wife, Elsie, whom he had married at Camberwell Registry Office. They had two children.

He died in September 1940 and was buried in Fawkner Cemetery, Melbourne, with full military honours.

Lt Woolley was honoured with a stone in Bethnal Green Gardens on April 30. His son, Nick Woolley, attended the event and paid tribute to his father's bravery.

Geoffrey Woolley was the first Territorial Army officer to be awarded the Victoria Cross.

He was born in 1892 at Peter's Vicarage, Bethnal Green, the son of the vicar. Both the church and the vicarage still stand.

He attended Parmiter's School on Approach Road, the building that is now occupied by the Raine's Foundation School.

At the outbreak of World War I, he obtained a commission in Queen Victoria's Rifles, the 9th (County of London) Battalion of the London Regiment.

Queen Victoria's Rifles were posted to the Ypres Salient. On April 17, 1915 the British captured Hill 60 to the south of Ypres.

Lt Woolley's company were sent to take ammunition supplies to the defenders of the hill.

The citation for the Victoria Cross reads: "For most conspicuous bravery on 'Hill 60' during the night of 20th-21st April, 1915.

"Although the only officer on the hill at the time, and with very few men, he successfully resisted all attacks on the trench, and continued throwing bombs

and encouraging his men until relieved.

"His trench during all this time was being heavily shelled and bombed and was subjected to heavy machine gun fire by the enemy."

Promoted to the rank of

Captain, he saw further action before being injured.

After the war he resumed his study of theology at Oxford University. He subsequently became a vicar, his last parish was at East Grinstead where he retired in 1958. He died in 1968.

## News in brief

### Church concert

BOW Church, otherwise known as St Mary's Bow, is holding a concert to mark the 800th anniversary of the Magna Carta.

A Short Journey Through Time, from the Magna Carta to Today, will be held at the church, 230 Bow Road, on Saturday, May 16 at 7.30pm. Tickets priced £10 (£5 concs) will be on sale on the door. Visit [www.bowchurch.webeden.co.uk](http://www.bowchurch.webeden.co.uk)

### Furniture sale

STREETSOFGROWTH is holding a yard sale at its offices at 160 Chrisp Street, Poplar on Wednesday, May 13. The award-winning charity works with young adults helping them to escape a life of poverty, crime and violence.

Items on sale, include sports and camping equipment, furniture, electrical goods and bicycles. It runs from 12 noon to 6pm.



The memorial stones for veterans Lieutenant Geoffrey Woolley and Corporal Issy Smith

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# Cash for good causes

Groups that received handouts from the YOF last year included Mile End Community Project and Vallance FC.

# Your chance to apply for £3,500 in funding



The Youth Opportunity Fund offers grants worth up to £3,500 to run projects for young people in the borough. Bidders have until Friday, May 29 to apply for funding.

SEE BELOW SEE BELOW

## News

# Help us give away £200k

BY RAJU MIAH

**YOUNG people have the chance to shape Tower Hamlets’ youth services by choosing how to spend £200,000.**

The Youth Opportunity Fund (YOF) offers grants of up to £3,500 to young people aged 11-19 (or those aged up to 25 with special educational needs) to run projects in the borough.

The deadline for bids, which should focus on improving the opportunities for young people, is Friday, May 29.

The council is urging young people to join the YOF panel so they can decide the projects that receive funding.

Precious, 16, who attends Sir John

Cass Secondary School, said: “I joined YOF to get involved with the community. I’ve gained a lot of confidence by becoming the chair of the panel and by talking to lots of young people.”

Last year £250,000 was allocated by the panel with more than 115 projects benefiting from grants between £500 and £3,500. Applications are assessed against criteria such as need, priority and target group, before applicants are invited to present their case.

To join the panel, call Boris Rupnik from the council’s integrated youth and community services team on 7364 3091 or visit [www.towerhamlets.gov.uk/youth](http://www.towerhamlets.gov.uk/youth). The deadline for applications to join the YOF panel is Friday, May 15.



A GROUP of young people from Northern Ireland visited Tower Hamlets last month to find out how youth services are delivered in the borough. The borough’s young mayor’s team and the youth council ran workshops and seminars to discuss the challenges faced by young people in Tower Hamlets.

Young mayor Deng Yan San said: “It was a fantastic opportunity to welcome a group of young people from Northern Ireland and for them to find out first-hand how we engage with young people.” The youth council has now been invited to visit Northern Ireland.



# London Enterprise Academy

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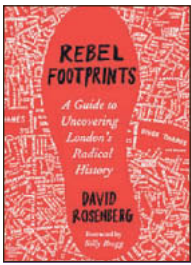
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## Opening eyes to England's two nations

In the pages of Rosenberg's *Rebel Footprints*, we walk in the steps of Annie Besant, of the Poplar rates rebels, the striking matchgirls of Bryant and May, the Eastern European revolutionaries.

## Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at [johnrennie@gmail.com](mailto:johnrennie@gmail.com)

SEE BELOW

[WWW.EASTLONDONHISTORY.COM](http://WWW.EASTLONDONHISTORY.COM)

### History

# Follow in footsteps of justice fighters

BY JOHN RENNIE

**BY the time you read this, there will be a new government after one of the closest and most confusing elections in modern times.**

The old, two-party system under pressure from a rainbow of younger parties all fighting for a seat in coalition; the rise of the SNP possibly presaging a Britain of regional government.

But as East End author and tour leader David Rosenberg writes in *Rebel Footprints*\*, London at least was ever in a state of ferment.

Rewind the clock to May 13, 1833 and a gathering of 3,000 people at Coldbath Fields – in those days an open field in the shadow of London's biggest gaol, the Middlesex House of Correction, but known to us later Londoners as the site of the Mount Pleasant postal sorting office.

It wasn't conditions in the prison the 3,000 were protesting, although they were dreadful enough: solitary confinement, the notorious 'silent system' whereby prisoners were denied even the small comfort of talking to one another, leg irons, bread and water, and hard labour on deliberately unproductive tasks.

But the pointless cruelty of Coldbath was a pointer to how working (if they were lucky) people were treated in 19th century London. They were protesting against rising prices, low pay, increasing unemployment and, at the root of it all, lack of political representation.

The Great Reform Act of the previous year may have swept away some of the rotten boroughs but had done nothing to extend the franchise to ordinary men (and, for women, voting was a distant dream).

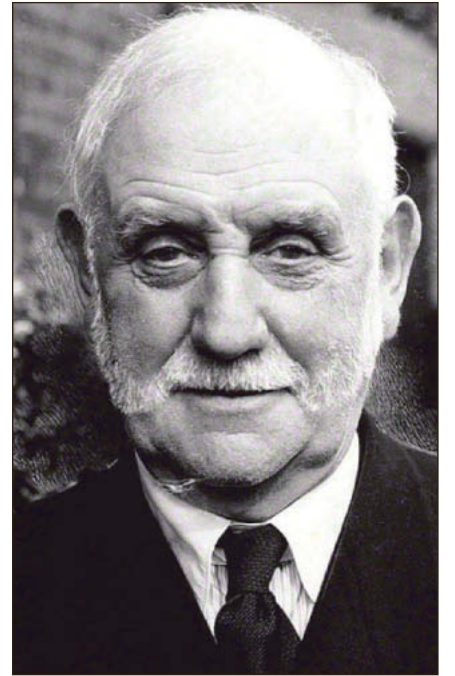
The government response? Send in the Metropolitan police, a force just four years old and unschooled in handling mass dissent.

They had already discovered kettling though, and did their best to contain the demonstrators, who had grandly dubbed themselves the National Union of the Working Classes (NUWC).

But too much pressure in the kettle and something's going to explode. The NUWC fought back and three policemen were stabbed. As the drinkers in a Farringdon pub sheltered from the bedlam without, PC Robert Culley stumbled in, announced he was feeling unwell, then collapsed and died.

It was what happened next that was really extraordinary. A jury of 17 men, most of them bakers from Gray's Inn, ignored the very clear instructions from the

From left: Ben Tillett, Annie Besant and George Lansbury



coroner to find a verdict of "wilful murder" against the men arrested.

After 30 minutes, they announced that 16 of them were agreed that the killing was "justifiable homicide" in the face of "ferocious, brutal and unprovoked" police behaviour.

A perverse decision? Certainly it was rough justice for poor PC Culley. But it made sense to the cheering crowds who carried the jurors shoulder height through the streets of Clerkenwell that night, in a torch-lit procession. Something was going on, and it would soon percolate from Clerkenwell, with its radical bookshops and political meetings on the Green, out east. The new 'East End' would become the centre of change.

As Rosenberg writes: "London developed unevenly as a city." It may feel today that the financial City is a too-dominant force in the capital, but it was the engine of London from early on, the bankers and merchants of Fenchurch and Threadneedle Streets making London one of Europe's most important centres from the Middle Ages, as its legal and political institutions developed to the west.

It was with the expansion fuelled by the money men that the East End really came into the picture. "The development of the East India and West India Docks brought a host of related industries into existence," and with it urbanisation, jerry-built housing, immigration and new ideas. Hence "the demands of rebellious movements for change were first fought out and often took their most dramatic forms in east London".

So, over the next century or more, the East End would play a disproportionately large role – after all, East Enders suffered

**Health, comfort, leisure, culture, plenty for every individual are far more desirable than... the furious trampling down of the weak by the strong, huge fortunes accumulated out of the toil of others."**

Annie Besant

disproportionately from cholera epidemics, exploitation by bosses and landlords, in their numbers in the workhouse, and from prejudice of all colours.

In the pages of Rosenberg's *Rebel Footprints*, we walk in the steps of Annie Besant, of the Poplar rates rebels, the striking matchgirls of Bryant and May, the Eastern European revolutionaries who washed up in Spitalfields towards the end of the 19th century.

Reading about history is one thing, seeing where it took place brings it alive. Rosenberg is an advocate of history "from the bottom up" and since 2008 has been leading tours around key sites in our city's social and political history.

He puts his geographical knowledge of London down to three years driving a van in the early 80s, delivering books to radical and community bookshops. That knowl-

edge is vividly brought to life as we walk Bow, Spitalfields and Poplar, looking for the clues all but lost amid modern development.

And the stories are remarkable. It's long been fashionable to sneer at our Victorian forebears for their ideas about wealth, class and self help but when Annie Besant, living in moneyed splendour in the West End, took up her pen in the 1880s, she wrote words which seem astonishingly radical to modern eyes.

"Society, with its unjustly rich and unjustly poor... be it our to proclaim that there is a higher ideal in life than... being first in the race for wealth... health, comfort, leisure, culture, plenty for every individual are far more desirable than the breathless struggle for existence, furious trampling down of the weak by the strong, huge fortunes accumulated out of the toil of others, to be handed down to those who had done nothing to earn them," Besant wrote.

The words of a revolutionary? She had been spending time in the East End, and was unable to remain blind to the horror of England's "two nations". Soon, she would be posting bail for Lewis Lyons, the leader of the Jewish tailors' strike, and supporting the matchgirls at the Fairfield Road works.

She would be one among many who would fight for the beginnings of justice for ordinary East Enders – George Lansbury, Ben Tillett, Rudolf Rocker, and countless others whose names are lost to us now.

Next week, we pull on our walking boots and go on tour with David Rosenberg. His website is at [www.eastendwalks.com](http://www.eastendwalks.com) \* *Rebel Footprints*, a guide to uncovering London's radical history, published by [plutopress.com](http://plutopress.com), £9.99 paperback.



# A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

## Council information

### Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at [www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm](http://www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm)

### Meetings

Tuesday, May 12

6.30pm: Licensing sub-committee

For more details call Simmi Yesmin on 7364 4120 or email [simmi.yesmin@towerhamlets.gov.uk](mailto:simmi.yesmin@towerhamlets.gov.uk)

6.30pm: Extraordinary licensing committee

The meeting will consider an application for a sexual entertainment venue licence for Charlie's Angels, 30 Alie Street, Aldgate.

For more details call Simmi Yesmin as above.

7.15pm: Overview & scrutiny committee

For more details call David Knight on 7364 4878 or email [david.knight@towerhamlets.gov.uk](mailto:david.knight@towerhamlets.gov.uk)

Wednesday, May 13

5.30pm: Cabinet

For more details call Matthew Mannion on 7364 4651 or email [matthew.mannion@towerhamlets.gov.uk](mailto:matthew.mannion@towerhamlets.gov.uk)

Thursday, May 14

7pm: Development committee

For more details call Zoe Folley on 7364 4877 or email [zoe.folley@towerhamlets.gov.uk](mailto:zoe.folley@towerhamlets.gov.uk)

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

The Government is changing benefits

Prepare and act now

The Government is changing the benefits system as part of its plan to reduce welfare costs. If you are a household who are not in work or have low income, you may be affected. The impact of these changes could be significant and you should prepare now to avoid any disruption to your benefits. Tower Hamlets Council will be providing support to help you understand the changes and what you need to do to prepare. For more information about the changes and the support available, please visit [www.towerhamlets.gov.uk/benefits](http://www.towerhamlets.gov.uk/benefits) or call 020 7364 4878, or text 0800 020 0200.

# Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

## Planning

E1

Telephone exchange, Jerome Street –

installation of three additional antennas and three equipment cabinets, with support bracketry, feeder cables, cable tray and ancillary development.

251-253 Commercial Road – details of noise insulation, facilities management plan and waste management plan of planning permission, ref: PA/14/01639.

20-22 Whitechapel Road – demolition of existing building including 550 square metres of wholesale space. Building of part 4-storey, part 6-storey buildings to accommodate 1,781 sq m of hotel use on the upper floors and 67 sq m commercial space on ground floor.

Associated landscaping and servicing. Proposed minor material amendments to the approved development, including alteration to lift position, curtain-walling to lateral walls infilled with opaque panels, rooftop plant area to rear, boiler flues to rear, reduction in size of refuse store, extension of lift shaft parapet and replacement of sign boxes with louvre panels. Aneurin Bevan House, 81 Commercial Road – details of travel plan, planning permission, ref PA/14/03387.

E2

448 Hackney Road – alterations to

accommodate new mansard roof, conversion of existing residential unit into 1 x 2-bed and 1 x 3-bed maisonettes.

Pavement outside 124-134 Swanfield Street – EE and Hutchinson UK Ltd telecommunications installation upgrade.

E3

538-540 Roman Road – details of car free agreement of planning permission, ref PA/13/1086.

Watts Grove Depot, Watts Grove – details of written scheme of investigation of planning permission, ref PA/14/02585.

12 Ellesmere Road – fell two eucalyptus trees in rear garden, as low as possible and poison stump.

E14

Wood Wharf, Prestons Road – details of monitoring and management of black redstarts and kingfishers of planning permission, ref PA/13/02966. Details of contamination and identification and remediation scheme of planning permission, ref PA/13/02966.

Land at north east junction of Manilla Street and Tobago Street – request for scoping opinion as to information contained in an Environmental Impact Assessment in support of application for residential-led mixed-use development.

65 Barnfield Place – conversion of garage to habitable room and erection of single-storey rear extension.

## Drug treatment providers

Community Drug Team

Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1.

7790 1344

[www.lifeline.org.uk](http://www.lifeline.org.uk)

Nafas

Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre

In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service

Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 [www.lifeline.org.uk](http://www.lifeline.org.uk)

Isis

For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 [www.compass-uk.org](http://www.compass-uk.org)

Community Alcohol Team

Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200 [www.rapt.org.uk](http://www.rapt.org.uk)

Somali Substance Misuse

Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Tower Hamlets turns 50

Join in the festivities to celebrate 50 years of Tower Hamlets.

Latest news: New government powers planned. Statement on election.

Popular pages: Council tax, Parking, Waste & recycling.

Where do I vote? Simply enter your postcode or address into our polling station finder to find out where to vote on May 7 in the Parliamentary.

### Tower Hamlets online

[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

LONDON Islamic School won a competition to record a professional jingle, encouraging people to recycle more. All primary and secondary schools in the borough were invited to take part in the Real World Challenge, organised by the council's waste contractor Veolia and UTV Media. Pupils from the Whitechapel school were told of their win at assembly on Wednesday, April 29. The winning radio advert will be broadcast at 10am on May 11 on Reprezent radio 107.3FM, which is also available online. Pupils were asked to



write and record a 60-second advert encouraging listeners to recycle more at home. Finalists included Culloden, Old Ford and Central Foundation schools.

Commercials by the finalists were uploaded to YouTube and the public voted for their favourite. Hussain is pictured receiving the prize.

**Your FAMILY ANNOUNCEMENTS**

Are you are looking to celebrate or remember someone dear to you?

Whatever you want to say, use East End Life to make your announcement. Your announcement must reach us by the Monday before the publication date you require.

Send the text of your announcement including your contact details to East End Life Family Announcements, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG or e-mail to:

[terri.gornall@towerhamlets.gov.uk](mailto:terri.gornall@towerhamlets.gov.uk) | [sharan.ahmed@towerhamlets.gov.uk](mailto:sharan.ahmed@towerhamlets.gov.uk)  
[christine.o'doherty@towerhamlets.gov.uk](mailto:christine.o'doherty@towerhamlets.gov.uk) | [fatima.khan@towerhamlets.gov.uk](mailto:fatima.khan@towerhamlets.gov.uk)

**Sizes and prices:**

6 x 1 (60mm high x 41mm wide)	= £10
6 x 2 (60mm high x 85mm wide)	= £20

Pre-payment by credit or debit card, cheque (payable to LBTH).







## Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

[MY.TOWERHAMLETS.GOV.UK](http://MY.TOWERHAMLETS.GOV.UK)



## Did you get it?

Last week's picture was of the George Tavern on Commercial Road.

## Council information

### Town Hall

Town Hall, Mulberry Place,  
5 Clove Crescent, E14 2BG.  
7364 5000

### Hotline numbers

Housing benefits – 7364 5001  
Council tax – 7364 5002  
Parking services – 7364 5003  
Streetline – 7364 5004  
Adult social care – 7364 5005  
Children's services – 7364 5006  
Pest and noise nuisance –  
7364 5007  
Employment & skills service  
(Skillsmatch) – 7364 3727  
Environmental health,  
trading standards & licensing  
– 7364 5008  
Planning & development  
– 7364 5009  
Business rates – 7364 5010  
Recruitment line – 7364 5011  
Electoral services – 7364 0872  
Tower Hamlets Homes – 7364  
5015  
Healthline – 7364 5016

### General enquiries

Council enquiries – 7364 5020.

### Useful housing numbers

Housing repairs – 0800 376 1637  
Tenancy support – 7364 5544  
Housing advice (E14) – 7364 7507  
Housing advice (E1, E2 or E3)  
– 7364 3558  
Homeless service – 7364 7474  
Choice-based lettings  
– 7364 0244  
Homeseekers – 0845 270 2400

### Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to [eastendlife.news@towerhamlets.gov.uk](mailto:eastendlife.news@towerhamlets.gov.uk) or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

### Report it!

**To report an incident, use these 24-hour freephone numbers:**

Non-emergency crimes – 101  
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

**The council's domestic violence team** can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)  
**24-hour domestic violence national helpline**  
0808 2000 247  
**Haven Whitechapel (sexual assault referral centre)**  
7247 4787  
**Karma Nirvana (Honour Network Helpline)**  
0800 5999 247  
**Broken Rainbow (LGBT domestic violence)**  
0845 260 4460  
**Black Women's Health & Family Support**  
8980 3503  
**Rights of Women**

**(legal advice)**  
7251 6577

**Victim Support Line**  
0845 30 30 900  
**Victim Support Tower Hamlets**  
8555 8254  
**NSPCC Child Protection Helpline**  
0800 800 5000  
**Childline**  
0800 1111  
**Shelterline**  
0808 800 4444  
**Respect (for perpetrators)**  
0845 122 8609

**Reunite (advice about child abduction)**  
0116 2556 234  
**Men's Advice Helpline**  
0808 8010 327  
**Samaritans**  
08457 909090

**Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict**  
Free service for council tenants and leaseholders. 7702 8305

**Trading standards**  
Consumer Direct: 08454 040506

### Walk-in services

#### One Stop Shops

**Bethnal Green** – 1 Rushmead, off Bethnal Green Road, E2  
**Bow & North Poplar** – John Onslow House, 1 Ewart Place, E3  
**South Poplar** – 15 Market Square, Chrisp Street, E14  
**Stepney & Wapping** – Idea Store Watney Market, 260 Commercial Road, E1.  
**Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.**

### Idea Stores

**Bow** – Gladstone Place, E3.  
**Canary Wharf** – Churchill Place, Canary Wharf, E14.  
**Chrisp Street** – Vesey Path, E14.  
**Whitechapel** – 321 Whitechapel Road, E1. 7364 4332  
**Watney Market** – Commercial E1. 7364 4332  
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

### Libraries

**Bethnal Green** – Cambridge Heath Road, E2. 8980 3902  
**Cubitt Town** – Strattondale Street, E14. 7987 3152  
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.  
**Local History Library and Archives** – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.  
7364 1290; email [localhistory@towerhamlets.gov.uk](mailto:localhistory@towerhamlets.gov.uk)

**LOCAL MINI CABS**  
[canarywharfcars.co.uk](http://canarywharfcars.co.uk)  
**020 7423 9999**  
Owner Drivers  
EARN £500 - £1000 per week.  
Day or Night Shift,  
Weekly Rent or Percentage Based  
**AIRPORT TRANSFERS FROM £40**  
[info@canarywharfcars.co.uk](mailto:info@canarywharfcars.co.uk)  
**DRIVERS WANTED**

**SPEED DRIVING SCHOOL**  
Why with Speed ?  
Friendly Expert Instruction  
Auto & Manual  
**FIRST 5 HOURS FOR £75**  
DSA Approved Fully Qualified Instructor  
Call Instructor Direct  
**07823 886 170**  
[www.speeddrivingschool.co.uk](http://www.speeddrivingschool.co.uk)

Salem International Christian Centre  
**SALEM CARE LINES**  
Willing ears and caring hearts to share your burdens  
Call the workers below, and somebody will be there for you  
**07943 842915: 7pm - 10pm**  
**07481 242958: 7pm - 10pm**  
**07984 102976: 7pm - 10pm**  
**07534 668392: 2pm - 7pm**  
Your life matters, your life is important and God loves you.  
Email: [admin@salemeurope.org](mailto:admin@salemeurope.org)  
[www.salemeurope.org](http://www.salemeurope.org)

**FIVE LESSONS £12 each**  
**PRIVATE DRIVING LESSONS**  
**0794 710 9783**  
Approved Qualified Instructor  
Discount for Tower Hamlets residents  
Pass Plus Available

**0% COMMISSION RENT GUARANTEE**  
1-6 BEDROOM PROPERTIES URGENTLY REQUIRED IN ALL AREAS OF LONDON  
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Lettings & Management

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Learn in STYLE... Smart & Fast Way  
**THIS MONTH OFFERS:**  
1/2 price 1st lesson **Only £9.99**  
Lessons @£15/hr, 4 hours = £60 (once only)  
Block bookings @£18/hr | PAY ONLINE | GIFT  
• Tower Hamlets | Newham | Hackney | Redbridge  
• Car: Mini Cooper D 2012 plate MANUAL  
• We only use DSA approved instructors  
• PASS PLUS registered  
• Short Notice test arranged  
• ADI: part 1, 2 and 3 available  
[www.hamletsdrivingschool.co.uk](http://www.hamletsdrivingschool.co.uk)



Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



রুশনারা আলী ও জিম ফিৎজপ্যাট্রিক পুনরায় নির্বাচিত

৭ মে অনুষ্ঠিত জেনারেল ইলেকশনে রুশনারা আলী এবং জিম ফিৎজপ্যাট্রিক আবারও এমপি পদে নির্বাচিত হয়েছেন। তাঁরা হাউজ অব পার্লামেন্টের সদস্য হিসেবে টাওয়ার হ্যামলেটস্কে আগামী ৫ বছর প্রতিনিধিত্ব করবেন। ভোট গ্রহণ শেষে রয়্যাল ডকের এক্সেল সেন্টারে ভোট গণনা অনুষ্ঠিত হয়। বিস্তারিত নিচে -

RUSHANARA ALI AND JIM FITZPATRICK RE-ELECTED

Harmony

Awoodaha la qorsheeyey

New government powers planned – see issue 1058

**IYADOO la tixraacayo dacwadii doorashada ee ka dhacday maxkamada usbuucyadii lasoo dhaafay ee ku saabsanayd qaadistii laga qaaday duqa degmada Lutfur Rahman, waxa la hindisay isbedello dheeraad ah oo ku saabsan sida councilku u shaqaynayo.**

Wiiggan dhexdiisa waxa councilku warqad ka helay xoghayaha qaranka, taasoo qeexaysay qorshayaal ku saabsan agaasin dheeraad ah oo xukuumadu samaysay.

Arintani waxa awoodo dheeraad ah siinaysaa wakiiladii xukuumadu soo magacowday, Councilkuna wuxu iminka haystaa illaa 6da May inuu kaga jawaabo hindisahan.

Xogyaha qaranka ee Eric Pickles, wuxu magacaabay laba wakiil oo cusub oo kala ah, Chris Allison iyo Alan Wood, oo kusoo biiraya kooxdii hore ee ka koobnayd, Sir Ken Knight and Max Caller, oo dawladu soo dirtay Diisambar si ay u ko-

meeraan dhawr qaybood oo councilka ka mid ah, oo ay ku jiraan deeqihii councilku bixiyey.

Councilku wuxu sidoo kale galay agaasin, kasoo cadaynaya in hore loo magacaabo jagada madaxa adeeg bixinta oo rasmi ah.

Afhayeen councilka u hadlay ayaa yidhi: “Qaybta bulshooyinka iyo degmooyinka waxay sheegeen inay kormeer dheeraad ah soo dirayaan, waanu soo dhawaynanaa wax qabad kasta oo wax ku ool ah oo xukuumada naga soo gaadha.

“Inta hawshani socoto, oo ay dhinac socoto dhegaysigii codsigii doorashada iyo xukunkii, mudnaantayaduna waxa weeye inaanu sii wadno adeegyada fican ee aanu u qabano dadkayaga degmada degan, waana arin aanu sii wadayno.”

Kadib xukunkii doorashada ee dhacay 23kii Abril, gudida doorashayoooyinku waxay iminka go,aamiyeen in xisbigii duqii hore ee degmada, Tower Hamlets First aanu sii ahaan doorin xisbi siyaasi ah oo diiwaan gashan wixii hada ka dambeeya.

Arintan macnaheedu waxa weeye inkastoo xildhibaanadii kasoo baxay Tower Hamlets First ay xildhibaanoo sii ahaanayaan, hadana ma jiri doonto cid mustaqbalka isku soo sharixi karta magaca xisbiga.

Ku xigeenka duqa degmada Oliur Rahman, siina hayey xilkii duqa degmada illaa markii xukunka maxkamadu dhacay, ayaa waxa 29kii Abril la cad-deeyey inaanu xilka duqa degmada sii wadi Karin.

Ilaa inta duqa degmada laga dooranayo awoodahaasi waxa sii haynaya xubnaha golaha ka tirsan oo wadajir ah, hadaysan iyagu iska dhexdooran xubin xilka duqa degmada sii haysa.

Iyadoo laga shidaal qaadanayo xukunkii maxkamada, councilku wuxu u diyaar u garoobay inuu hubiyo siday u dhici lahayd doorasho cadaalad ahi.

Foodka duqa degmada iyo xildhibaanaka xaafada Stepney Green waxay dhacayaan 11ka Juun.

এমপি পদে বিপুল ভোটে আবারও নির্বাচিত হলেন রুশনারা আলী ও জিম ফিৎজপ্যাট্রিক

Rushanara Ali and Jim Fitzpatrick re-elected – page 1

৭ মে অনুষ্ঠিত জেনারেল ইলেকশনে রুশনারা আলী এবং জিম ফিৎজপ্যাট্রিক আবারও এমপি পদে নির্বাচিত হয়েছেন। তাঁরা হাউজ অব পার্লামেন্টের সদস্য হিসেবে টাওয়ার হ্যামলেটস্কে আগামী ৫ বছর প্রতিনিধিত্ব করবেন।

ভোট গ্রহণ শেষে রয়্যাল ডকের এক্সেল সেন্টারে ভোট গণনা অনুষ্ঠিত হয়।

৮ মে ভোর ৫টা নাগাদন ভারপ্রাপ্ত রিটার্নিং অফিসার প্রথমে পপলার এন্ড লাইমহাউজ সংসদীয় আসনের ফলাফল ঘোষণা করেন। ঘোষিত ফল অনুযায়ী লেবার পার্টির প্রার্থী জিম ফিৎজপ্যাট্রিক ২৯,৮৮৬ ভোট পেয়ে পূর্ণরূপে নির্বাচিত হয়েছেন। এই আসনে মোট ভোটটারের ৬২.৪৪ শতাংশ কাস্ট হয়েছে।

এর আধা ঘন্টা পর বেথনাল গ্রীণ এন্ড বো সংসদীয় আসনের ফল ঘোষণা করা হয়। লেবার দলীয় প্রার্থী রুশনারা আলী ৩২ হাজার ৩৮৭ ভোট পেয়ে দ্বিতীয় বারের মতো এমপি নির্বাচিত হয়েছেন। এই আসনে কাস্টিং ভোটের গড় হার হচ্ছে ৬৪ দশমিক ২৯ পার সেন্ট।

রেজাল্ট ঘোষণার পর পঞ্চম বারের মতো নির্বাচিত এমপি জিম ফিৎজপ্যাট্রিক এমপি তাঁর বক্তব্যে পপলার এন্ড লাইমহাউজ সংসদীয় আসনের জনসাধারণকে ধন্যবাদ জানিয়ে বলেন, “ঐতিহাসিক এই সংসদীয় আসন ও এর



Rushanara Ali MP



Jim Fitzpatrick MP

জনগণের প্রতিনিধিত্ব করতে পেরে আমি গর্বিত।

দ্বিতীয় বারের মতো নির্বাচিত রুশনারা আলী তাঁর বিজয় ভাষণে বলেন, যারা আমাকে তাদের মেম্বার অব পার্লামেন্ট হিসেবে আবারও আমার ওপর আস্থা রেখেছেন, তাদেরকে ধন্যবাদ দিতে চাই। বেথনাল গ্রীণ এন্ড বো হচ্ছে অসাধারণ এক জনপদ, যা চমৎকার ও বহু সাংস্কৃতিক ঐতিহ্যের অধিকারী কমিউনিটিগুলোর বিশাল হৃদয়বান, প্রতিভাবান ও ক্রিয়েটিভ মানুষে পরিপূর্ণ।

অবাধ ও স্বচ্ছতার সাথে এবং কোনরূপ বিঘ্নতা ছাড়া নির্বাচন সম্পন্ন করায় প্রার্থীরা ভারপ্রাপ্ত রিটার্নিং অফিসার, তাঁর স্টাফ ও পুলিশ সদস্যদের ধন্যবাদ জানা।

আগামী ১১ জুন বারায় আরেকটি নির্বাচন অনুষ্ঠিত হবে। বাসিন্দারা মেয়র এবং স্টেপনী গ্রীণের একজন কাউন্সিলর নির্বাচন করবেন ঐ দিন। ভোটার তালিকায় যাদের নাম নেই, তারা ২৬ মে’র মধ্যে রেজিস্ট্রেশন করার জন্য এবং পোস্টাল ভোটের জন্য ২৭ মে বিকার ৫টার মধ্যে আবেদন করতে বলা হয়েছে।

লন্ডন মিনি ম্যারাথন রেসে টীম টাওয়ার হ্যামলেটসের সাফল্য

Team Tower Hamlets’ marathon effort – page 33

লন্ডনের ইস্ট এন্ডের প্রতিভাবান শত শত ক্ষুদ্রে এ্যাথলেট গত ২৬ এপ্রিল ভার্জিন মানি গিভিং মিনি লন্ডন ম্যারাথনে অংশ নেয়।

টাওয়ার হ্যামলেটস্ বারা থেকে ২৯ জন ১১ থেকে ১৭ বছর বয়সী কিশোর দৌড়বিদ অংশ নেয় এই মিনি ম্যারাথনে। তিন গ্রুপে ২৯ জন দৌড়বিদ নিয়ে টিম টাওয়ার হ্যামলেটস্ গঠিত হয়। বালক ও বালিকা গ্রুপে অনূর্ধ্ব ১৭, অনূর্ধ্ব ১৫ এবং অনূর্ধ্ব ১৩ - বয়সভিত্তিক এই তিন গ্রুপে অংশ নেয় ক্ষুদ্রে দৌড়বিদরা।

কাউন্সিলের উদ্যোগে গঠিত টীম টাওয়ার হ্যামলেটস্কে প্রয়োজনীয় প্রশিক্ষণ প্রদান করে ভিক্টোরিয়া পার্ক হ্যারিয়ার্স এন্ড টাওয়ার হ্যামলেটস্ এ্যাথলেটিক্স ক্লাব। কোচ ক্লাউডিন ভকার্সের তত্ত্বাবধানে মাইল এন্ড স্টেডিয়ামে দৌড়বিদদের প্রশিক্ষণ অনুষ্ঠিত হয়।

এ বছরের ম্যারাথন রেস উদ্বোধন করেন ইংল্যান্ড ফুটবলার এবং টোটেনহাম হটস্পার এর তারকা খেলোয়াড় এন্ড্রো টাউনসেন্ড। তিনি টিম টাওয়ার হ্যামলেটস্ এর অনূর্ধ্ব ১৩ বালক দলের সাথে ছবির জন পোজ দেন।

১২ বছরের টেরি গ্র্যান্ট টিম টাওয়ার হ্যামলেটস্ এর দ্রুততম দৌড়বিদ হিসেবে ৩ মাইল দীর্ঘ মিনি ম্যারাথন দৌড় সম্পন্ন করে ১৮



Team Tower Hamlets under-13s with their medals after completing the mini marathon

মিনিট ২২ সেকেন্ডে। অনূর্ধ্ব ১৩ গার্লস গ্রুপে ১২ বছরের গ্রেস মিলার ২০ মিনিটে এই দৌড় সম্পন্ন করে। লন্ডনের ৩৩টি বারার ১ হাজার ৫০০ ক্ষুদ্রে দৌড়বিদের সাথে পাল্লা দিয়ে টাওয়ার হ্যামলেটসের ২৯ শিশু কিশোর এই প্রতিযোগিতায় অংশ নেয়।

কাউন্সিলের হেড অব স্পোর্টস এন্ড ফিজিক্যাল এন্টিভিটিজ, লিসা পটিঙ্গার সকল মিনি ম্যারাথন রানারকে তাদের অনবদ্য পারফরমেন্সের জন্য অভিনন্দন জানিয়ে বলেন, টাওয়ার হ্যামলেটসের প্রতিভাবান দৌড়বিদদের বিশ্বমানের এই ইভেন্টে অংশ নিতে পারাটা নিঃসন্দেহে আনন্দের।

Tilmaame cusub oo lid ku ah argagixisada

Guidance against extremism available – issue 1058

**COUNCILKU wuxu diyaariyey tilmaame waalidiinta iyo qoysaska ka caawinaya siday carruurtooda uga ilaalin lahaayeen argagixisada.**

Tilmaamahani wuxu ku soo baxay wada xidhiidhka Masaajidada, Arimaha Gudaha iyo Waxqabadka Isbedelka, waxana loo daabacay inuu qayb ka noqdo waajibbaadka councilada ee ilaalinta, wuxu xambaarsan yahay macluumaad iyo taageero u diyaar ah waalidiinta iyo

qoysaska haday ka walwalaan in ilmahooda dabeecadoodu is bedeshay oo uu xidhiidh la leeyahay xagjirka.

Tilmaamuhu wuxu sheegayaa in waalidiintu dalbadaan caawimo haday ilmahooda ka dareemaan qodobadan hoos ku xusan:

- Dabeecadii oo isbedeshay iyo inuu ku daydo dad ay isku da, yihiin oo saameyn ku yeelan kara
- Inaanu xiisanayn saaxiibadii iyo wuxu qaban jirey
- Inuu naxariis u hayo

kiisaska argagixisada

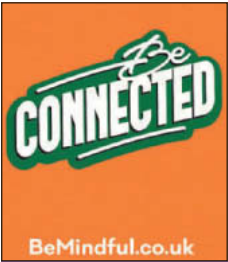
■ Inuu xurmeynayo rabshadaha

■ Unuu isagu qoro ama wax ka qoro qoraalada sharcidarada ah ee argagixisada

■ Inay si cad u gudbiyaan fariimo la mid ah kuwa ururada sharcidarada ah sida; Muslims Against Crusades ama ururada kale ee xagjirka ah side; English Defence League.

Tilmaamahan waxa laga heli karaa websiteka councilka [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)





# মানসিক স্বাস্থ্য সচেতনতা সপ্তাহ ১১ - ১৭ মে

আগামী ১১ মে থেকে ১৭ মে পর্যন্ত অনুষ্ঠিত হবে মানসিক স্বাস্থ্য সচেতনতা সপ্তাহ। এই সপ্তাহকে সামনে রেখে নিজেদের মানসিক স্বাস্থ্য সম্পর্কে অধিকতর মনোযোগী হওয়ার জন্য কাউন্সিল বাসিন্দাদের প্রতি অনুরোধ জানিয়েছে। প্রতি বছর সারা দেশে মানসিক স্বাস্থ্য সম্পর্কে জনসচেতনতা সৃষ্টির লক্ষ্যে এই প্রচারাভিযান চালানো হয়। বিস্তারিত সংবাদ নিচে -

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## Harmony

# রিসাইকল এডভার্ট প্রতিযোগিতায় লন্ডন ইসলামিক স্কুলের জয় লাভ

School wins competition to create recycling advert – page 14

পরিভাষ্য সামগ্রী পূর্ণব্যবহার উপযোগীর জন্য রিসাইকল করতে পেশাদার জিঙ্গেল রেকর্ড করে রেডিও এডভার্ট কম্পিটিশনে জয় লাভ করেছে লন্ডন ইসলামিক স্কুল।

কাউন্সিলের আবর্জনা ব্যবস্থাপনা কন্ট্রোল কোম্পানী ভিওলিয়া এবং ইউটিভি মিডিয়া'র উদ্যোগে আয়োজিত রিয়েল ওয়ার্ল্ড চ্যালেঞ্জ শীর্ষক এই প্রতিযোগিতায় বারার সকল প্রাইমারী ও সেকেন্ডারি স্কুলগুলোকে অংশ নেয়ার জন্য আমন্ত্রণ জানানো হয়েছিলো।

২৯ এপ্রিল হোয়াইটচ্যাপলে অবস্থিত ইসলামিক স্কুলের এসেসথলিতে সকল শিক্ষার্থীদের উপস্থিতিতে তাদের জয় লাভের কথা আনুষ্ঠানিকভাবে ঘোষণা করে ভিওলিয়া।

বিজয়ী বিজ্ঞাপনটি ১১ মে রোপারজেট রেডিও ১০৭.৩ এফএম এ প্রচারিত হবে এবং অনলাইনেও শুনতে পাওয়া যাবে।

ইউ ক্রিয়েটিভ এজেন্টের অংশ হিসেবে আয়োজিত এই প্রতিযোগিতা শিক্ষার্থীদের বলা হয়েছিলো বেশি করে রিসাইকল করার জন্য শ্রোতাদের উদ্বুদ্ধ করতে ৬০ সেকেন্ড ব্যঙ্গের একটি বিজ্ঞাপন লেখে তা রেকর্ড করার জন্য। ফাইনালিস্টদের মধ্যে ছিলো কালোডন প্রাইমারী, ওল্ড ফোর্ড প্রাইমারী এবং সেন্ট্রাল ফাউন্ডেশন সেকেন্ডারি স্কুল।

গত ১৬ মার্চ ভিওলিয়ার ইউটিভিউব চ্যানেলে ফাইনালিস্টদের রেডিও বিজ্ঞাপন আপলোড করা হয় এবং ১৫ দিন পর্যন্ত জনসাধারণ তাদের পছন্দের বিজ্ঞাপনের পক্ষে ভোট দেন।



London Islamic School student Hussain receives the prize for best radio advert from Veolia's Ed Goodall

# মানসিক স্বাস্থ্য সচেতনতা সপ্তাহ ১১ - ১৭ মে

Be mindful of your mental wellbeing – page 8

আগামী ১১ মে থেকে ১৭ মে পর্যন্ত অনুষ্ঠিত হবে মানসিক স্বাস্থ্য সচেতনতা সপ্তাহ। এই সপ্তাহকে সামনে রেখে নিজেদের মানসিক স্বাস্থ্য সম্পর্কে অধিকতর মনোযোগী হওয়ার জন্য টাওয়ার হ্যামলেটস্ কাউন্সিল বাসিন্দাদের প্রতি অনুরোধ জানিয়েছে।

জাতীয় দাতব্য সংস্থা দ্যা মেন্টাল হেলথ ফাউন্ডেশন এর উদ্যোগে প্রতি বছর সারা দেশে মানসিক স্বাস্থ্য সম্পর্কে জনসচেতনতা সৃষ্টির পাশাপাশি মানসিক অসুস্থতা সম্পর্কিত ইস্যুগুলোর ওপর গুরুত্বারোপ করতে সপ্তাহব্যাপি এই প্রচারাভিযান চালিয়ে থাকে।

এ বছরের প্রচারাভিযানে বিশেষভাবে দৃষ্টি দেয়া হচ্ছে 'একগ্রতা'র ওপর। মন-শরীর ভিত্তিক সুসংহত প্রশিক্ষণ, যা যে কোন অভিজ্ঞতার ভালো কিংবা খারাপ দিক সম্পর্কে চিন্তা করতে সাহায্য করবে।

মাইন্ডফুলনেস কিংবা একগ্রতা হচ্ছে একটি টেকনিক, যার মধ্যে রয়েছে মেডিটেশন বা ধ্যান, শ্বাস-প্রশ্বাস এবং যোগ ব্যায়াম। এই টেকনিক বা পদ্ধতি ব্যবহার করে নিজেদের বর্তমান মুহূর্ত ওপর ভালোভাবে দৃষ্টি দেয়া যাবে। চিন্তা, অনুভব ও শরীরের সংবেদনশীলতা ব্যাপারে আরো সচেতন হওয়া যাবে। ভালো মানসিক স্বাস্থ্য

নিশ্চিত করতে এটা একটা কার্যকরী পদ্ধতি।

মাইন্ডফুলনেস সেশন পরিচালনাকারী লন্ডন বুদ্ধিষ্ট সেন্টারের ব্রিদিং স্পেস ম্যানেজার লুক ডেরি বলেন, মাইন্ডফুলনেস বা একগ্রতা উন্নত করার মাধ্যমে নেতিবাচক চিন্তা-ভাবনার সাথে সম্পর্কিত যুগসূত্রগুলোকে আপনি নিশ্চিহ্ন করতে পারবেন। এটা বহু পস্থায় ব্যবহার করা যায়। কিন্তু বিষমুতা ও আসক্তির পূর্ণরাত্রি রোধ করতে কিংবা মানসিক ধকল ও দুশ্চিন্তা দূর করতে এই পস্থা কার্যকরভাবে ব্যবহার করে সুফল পাওয়া যাবে। যাদের মানসিক অসুস্থতা রয়েছে, তাদেরকে চিকিৎসা হিসেবে এই মাইন্ডফুলনেস থেরাপি দেয়া হয়।

মেন্টাল হেলথ ইস্যু খুবই সাধারণ একটি বিষয় হয়ে দাঁড়িয়েছে। প্রতি বছর যুক্তরাজ্যে প্রতি চার জনের মধ্যে এক জন মানসিক স্বাস্থ্য সমস্যার মুখোমুখি হয়ে থাকে।

টাওয়ার হ্যামলেটস্ কাউন্সিলের পাবলিক হেলথ বিভাগের ডিরেক্টর, ড. সোমেন ব্যানার্জি বলেন, আপনার মানসিক স্বাস্থ্য উন্নত করার বিভিন্ন পস্থা সম্পর্কে অবহিত করতে আমরা কাউন্সিলের বিভিন্ন সার্ভিস, এনএইচএস এবং কমিউনিটি সংগঠনগুলোর সাথে ঘনিষ্ঠভাবে কাজ করছি। বারা এ ব্যাপারে অনেক সার্ভিস পাওয়া

যায়, যা বাসিন্দারা সহজেই নিতে পারেন।

মাইন্ডফুলনেস এর গুরুত্ব এবং বিকল্প থেরাপি সম্পর্কে জনসচেতনতা বাড়াতে 'গেট ইনভলভ, গেট কানেকটেড' শীর্ষক বিশেষ একটি ইভেন্ট আগামী ১৪ মে সকাল ১১.৩০টা থেকে ৪টা পর্যন্ত ১৩ হোয়াইটথর্ন স্ট্রিটে (ই৩ ৪ডিএ) অনুষ্ঠিত হবে। এই ওপেন ডে তে মাইন্ডফুলনেস এন্টিভিডিজ সহ বিভিন্ন কর্মসূচি অনুষ্ঠিত হবে। এ ব্যাপারে বিস্তারিত জানতে ০২০৭ ৫১০ ১০৮১ নাম্বারে ফোন করতে অনুরোধ করা হয়েছে।

কম্পাস ওয়েলবিয়িং, মাইন্ড ইন নিউহ্যাম এন্ড টাওয়ার হ্যামলেটস্ এবং স্থানীয় স্বাস্থ্য প্রশিক্ষকদের সমন্বয়ে টাওয়ার হ্যামলেটস্ কাউন্সিলের পাবলিক হেলথ টিম আগামী ১৫ মে শুক্রবার লন্ডন মুসলিম সেন্টারে বিশেষ একটি ইভেন্টের আয়োজন করেছে। বেলা ১২টা থেকে ২ টা পর্যন্ত এই ইভেন্টে মানসিক স্বাস্থ্য সংক্রান্ত সার্ভিসগুলো কিভাবে পাওয়া যায়, তা জানানোর পাশাপাশি মানসিক স্বাস্থ্য নিয়ে আলোচনা ও প্রশ্ন করতে জনসাধারণকে উদ্বুদ্ধ করা হবে।

মেন্টাল হেলথ সার্ভিস সম্পর্কে বিস্তারিত তথ্য জানতে হলে ০২০৭ ৫১০ ১০৮১ নাম্বারে ফোন করে মাইন্ড ইন টাওয়ার হ্যামলেটস্ এর সাথে যোগাযোগ করতে অনুরোধ করা হয়েছে।

# অবৈধ সিগারেট বিক্রির দায়ে অর্থ দন্ড

Sniffing out illicit tobacco – see page 7

কয়েক হাজার পাউন্ড মূল্যের অবৈধ সিগারেট রাখার দায়ে হোয়াইটচ্যাপল এলাকায় একটি শপ কর্তৃপক্ষকে আদালত দোষি সাব্যস্ত করে অর্থদন্ডে দণ্ডিত করেছে।

ওসবর্ণ স্ট্রিটের গীত ঘরের ডিরেক্টরকে ভোক্তা সুরক্ষা অধ্যাদেশ ১৯৮৭ এর আওতায় দোষি সাব্যস্ত করে আদালত ১ হাজার পাউন্ড জরিমানা, মামলার খরচ বাবদ আরো ২ হাজার ৮২৩ পাউন্ড ও ভিক্তিম সারচার্জ বাবদ ১০০ পাউন্ড প্রদানের নির্দেশ দেন।

টেমস ম্যাজিস্ট্রেট কোর্টে শুনানিকালে মোহাম্মদ রেজাউল করিম তার বিরুদ্ধে আনা অভিযোগের প্রেক্ষিতে দোষ স্বীকার করে নেন।

টাওয়ার হ্যামলেটস্ কাউন্সিলের কনসুমার এন্ড বিজনেস রেগুলেশনস্ টিম গত বছরের আগস্ট মাসে স্মিফার ডগ (গন্ধ শৌকে সনাক্তকরণে পারদর্শী কুকুর) নিয়ে গীত ঘর তল্লাশি করে বিভিন্ন স্থানে লুকিয়ে রাখা অবস্থায় ১৭০৪ প্যাকেট সিগারেট উদ্ধার করে। এসব সিগারেটের খুচরা বিক্রয় মূল্য প্রায় ১৩ হাজার পাউন্ড।

আদালত অর্থ দন্ড ঘোষনার পর মিঃ করিম প্রতি সপ্তাহে ১০০ পাউন্ড করে কিস্তিতে সমুদয় অর্থ পরিশোধের সুযোগ দেয়ার জন্য বিচারকের



কাছে আবেদনক জানালে বিচারক তা মঞ্জুর করেন।

কাউন্সিলের হেড অব কনসুমার এন্ড বিজনেস রেগুলেশনস্, ডেভ টলি বলেন, স্মিফার ডগের সহায়তায় বিপুল পরিমাণ অবৈধ সিগারেট উদ্ধার হওয়ায় সংশ্লিষ্ট অফিসারদের আমি ধন্যবাদ জানাচ্ছি। আমরা আশা করি, এই মামলার শাস্তি নিশ্চিত হওয়ার উদাহরণ দেখে অন্যরা এ ধরনের বেআইনী কাজ থেকে বিরত থাকবেন।

কাউন্সিলের ডিরেক্টর অব পাবলিক হেলথ, ড. সোমেন ব্যানার্জী বলেন, যেসব সিগারেট অবৈধভাবে বিক্রি হয়, সেগুলো যথাযথভাবে পর-

ীক্ষা করা হয় না এবং স্বাস্থ্য সতর্কীকরণ বার্তা নিয়ম অনুযায়ী প্যাকেটের গায়ে লেখা থাকে না।

তিনি বলেন, ধূমপান ছেড়ে দিলে শুধু ধূমপায়ী হিসেবে আপনার স্বাস্থ্য ভালো থাকবে না, এর ফলে আপনার আশেপাশে যারা থাকে, পরোক্ষ ধূমপানের ফলে তারা যে স্বাস্থ্য ঝুঁকির মধ্যে ছিলো তা-ও দূর হবে।

অবৈধভাবে চোরাই পথে আনা সিগারেট বিক্রি করতে কাউকে দেখলে ০২০ ৭৩৬৪ ৫০০৮ নাম্বারে ফোন করে কাউন্সিলের কনসুমার এন্ড বিজনেস রেগুলেশনস্ টীমকে জানাতে অনুরোধ করা হয়েছে।

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City farms play an important role in London life – offering time outdoors and close encounters with animals. And now is the best time to visit, as **Jacqueline Harthill** reports. Photos by **Kois Miah**.



Young calves Bimba & Dandelion at Spitalfields



A chick greets a hatchling at Spitalfields

# Borough farms spring into life

**SPRING is the perfect time to visit the borough's city farms as they burst into life. Baby animals are born and the farms open their doors to many outdoor activities for children and families.**

Spitalfields City Farm has seen its livestock increase recently – its flock of sheep has six new lambs and its goats have two kids.

Stepney City Farm has eight lambs, two kids and four new baby rabbits.

Both farms were keenly awaiting the birth of new chicks as East End Life went to press.

Spitalfields City Farm is home to many much-loved animals. If you have designs on being a shepherd, pop along to its Sheep and Wool fair on Sunday, June 14 where you can watch sheep being sheared and try your hand at spinning, weaving and felt-making.

Stepney City Farm is giving visitors the opportunity to try their hand at being a blacksmith on Saturday, June 6.

It is also hosting The Big Lunch on Sunday, June 7 – tying in with its fifth birthday celebrations.

Pop along with a dish of food and share lunch with friends and neighbours.

Sunday, June 21 sees a bee bonanza day, marking the end of pollinator week.

There will be honey tasting, pond dipping and hive exploring.

Spitalfields City Farm is in Buxton Street, E1. Call 7247 8762, email [ally@spitalfieldscityfarm.org](mailto:ally@spitalfieldscityfarm.org) or go to [www.spitalfieldscityfarm.org/farmyard](http://www.spitalfieldscityfarm.org/farmyard) for more details.

Stepney City Farm is in Stepney Way, E1. Call 7790 8204, email [info@stepneycityfarm.org](mailto:info@stepneycityfarm.org) or go to [www.stepneycityfarm.org](http://www.stepneycityfarm.org) for more information.

Both farms offer a range of volunteering activities – from gardening to caring for the animals. These are a great way to make new friends and take part in some hands-on activities.

New recruits are always welcome and it is a great chance to get a taste of rural life.



Katherine takes care of feeding time at Stepney



Clockwise from right: a golden Guernsey goat at Spitalfields

Stepney Farm's Café sells a range of delicious food

British toggenburg goats tuck in to some food







Right: Stepney City Farm blacksmith Neil Stuart

Left: castlemilk moorit sheep at Spitalfields



Clockwise from right: a British toggenburg chews thoughtfully

A spider sculpture at Stepney City Farm

Mhari with a recent arrival at Spitalfields



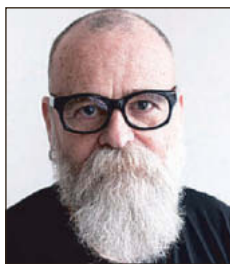
Young bunnies at Stepney



# Leaving a legacy

In Games for May, writer Travis Elborough hopes to stimulate debate on the impact of the 2012 Olympics.

DETAILS BELOW



# A radical way to express art

Along with Felix Partz and Jorge Zontal, AA Bronson co-founded the collaborative art group General Idea in 1969, producing low-cost multiples, a magazine and more than 100 exhibitions.

SEE BELOW

## Out & about guide

### What's on where this week

#### Dance

##### Argentinian tango E14

Class. Sat 1-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14.  
7538 3852

##### Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free refreshments. No beginners.  
Kingsley Hall, Powis Road, E3.  
8550 1392

##### Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free.  
Alpha Grove Centre, Isle of Dogs, E14  
7538 1714

##### Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12:30pm.  
St Pauls Shadwell Church, 302 The Highway, E1.  
energize4girlzdance@gmail.com

##### Green Candle Senior Dance

Over-60s, no experience is necessary. Tues, 10.30am-12.30pm, one free taster session.  
Oxford House, Derbyshire Street, E2.  
7739 7722

##### Salsa

For dancers of all experience. Prices vary. Free first class for ladies. Every Weds, 7.30-9.30pm.  
Urban Bar, 176 Whitechapel Road, E1.  
07932 658861

##### Swing Dance

All ability levels welcome. Every Fri, 7-9pm.  
£7 per person or £10 for a lead/follow

couple.

The Hall, St Margaret's House, 21 Old Ford Road, E2.  
8980 2092

##### Zumba classes

Every Tues 11.15am-12.15pm. Healthy living sessions every Fri, 11am-3pm.  
St Matthias Community Centre, 113 Poplar High St, E14.  
7515 8362

#### Kids

##### Ballet for children

Every Thurs. Ages 2 fh-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.  
Alpha Grove Community Centre, Isle of Dogs, E14.  
nina.monteiro@hotmail.com

##### Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.  
Tower Project, 45-55 White Horse Road, E1.  
7790 9085

##### Kids' Creative Dance Classes

Mini-movers. Ages two upwards. Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions.  
Chisenhale Dance Space, 64-84 Chisenhale Road, E3  
8981 6617

##### Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1.  
7481 1911

##### Rhyme time

Thurs, 2-3 pm.  
Watney Market Library, 30-32 Watney Market, E1.  
7790 4039



#### Games for May

Writer Travis Elborough is the Chisenhale Gallery Victoria Park residency artist for 2014-15. He is writing a book about the history of public parks, and this programme of events acts as research, inviting users to contribute their experiences of Victoria Park's facilities. Events include a tour of the park's sports and leisure clubs, a film screening and presentation about the community exercise initiative Good Gym, and a workshop with Norman Lara from the Victoria Park Model Boating Club.  
Chisenhale Gallery, 64 Chisenhale Road, E3.  
www.chisenhale.org.uk

#### Exhibitions

##### AA Bronson: Hexenmeister

Since the 1960s, Berlin-based Canadian artist Bronson has used radical forms of expression – from existential psychotherapy to forming a commune. Two works by General Idea (a group part founded by Bronson) will be shown while new work, including an installation – Treehouse – will be on show.  
Weds-Sun, 11am-6pm. Until May 31.  
Maureen Paley, 21 Herald Street, E2.  
www.maureenpaley.com

##### Hidden Identities

Photographs by Yvonne De Rosa examining the lives of children and

families living under adverse conditions in Bosnia and Romania. "The people I met were amazing, but in terrible conditions, fighting every day for their survival," she says.  
Until Sun, Jun 28.  
V&A Museum of Childhood, Cambridge Heath Road, E2.  
8983 5200  
www.vam.ac.uk/moc

##### At Home in a Dolls' House

Exhibition revealing the stories behind some of the UK's best-loved dolls' houses, taking visitors on a journey through the history of the home, everyday lives and changing family relationships.  
Until Sun, Sept 6.

V&A Museum of Childhood, Cambridge Heath Road, E2.  
8983 5200  
www.vam.ac.uk/moc

##### How To Work Together:

##### Ahmet Ogut

First solo exhibition in a UK public institution by 34-year-old artist Ogut, who considers Istanbul, Amsterdam and Berlin home. He brings together ten people – including an auctioneer, a hairdresser, a lip reader and a stuntman – to recount their experiences of working with him.  
Weds-Sun, 1-6pm. Until Sun, May 31.  
Chisenhale Gallery, 64 Chisenhale Road, E3.  
www.chisenhale.org.uk

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## A true multi-media spectacle

Chassol is a pianist, composer, arranger and musical director who specialises in 'ultrascore' – a performance which fuses and harmonises visuals and rhythmic motifs into film.

SEE BELOW

## For the love of gardens

Chelsea Fringe is about spreading the excitement and energy that enthusiasts bring to gardening.

WWW.CHELSEAFRINGE.COM

### Out & About

#### Playwright's work kicks off season

**THE work of renowned playwright Henrik Ibsen will be brought to life in The Space's upcoming season in a pair of new and radical adaptations.**

Two separate companies will present their own takes on classic texts in the venue's Ibsen Re-Imagined festival, which will feature alternative endings, relaxed performances, movement and mime and contemporary music.

First comes the return of Les Foules, who brought a new adaptation of Shakespeare's Cymbeline to The Space in 2013.

From May 12-30 the company will present Ibsen's final and most surreal play, When We Dead Awaken, using live art elements to create a brand new and alternative adaptation.

Then, from June 3-13, Dissolve Theatre will present A Doll's House, one of Ibsen's most famous works.

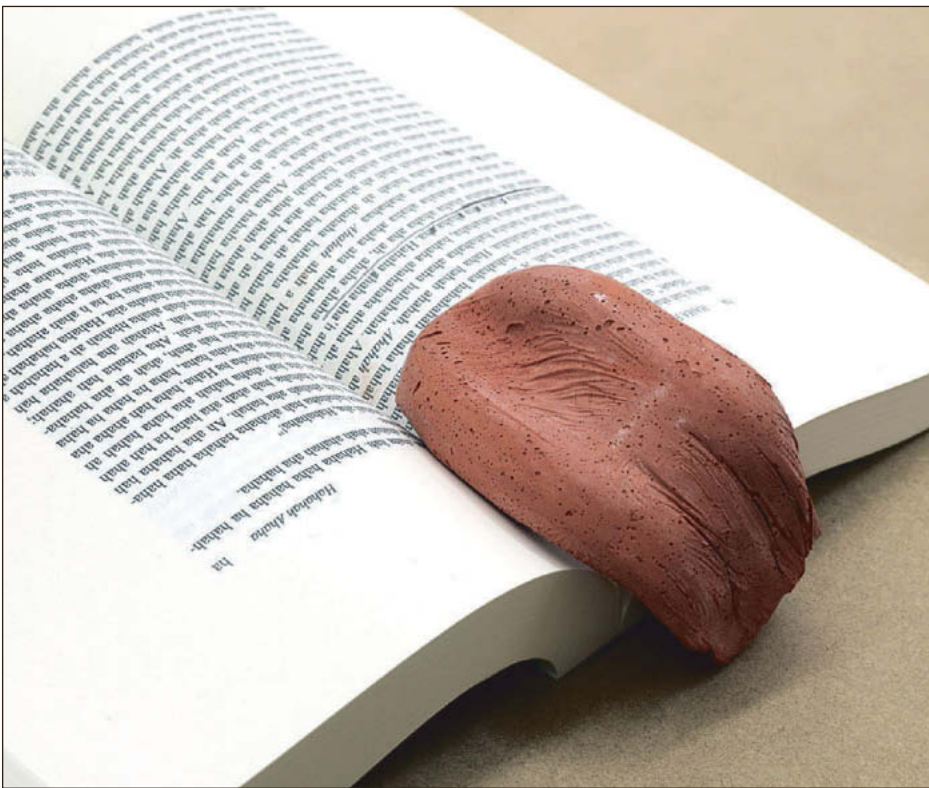
Director Chloe Mashiter's new adaptation will feature the rarely performed alternative ending to the show, penned by Ibsen for its German premiere in 1880.

Adam Hemming, director of The Space, said: "Ibsen holds a special place in the hearts and minds of The Space family.

"Our production of A Doll's House in 2010 was the first in-house show to transfer and enjoyed a successful run at the Arcola Theatre.

"We're incredibly excited to have the talented Les Foules and Dissolve Theatre involved in Ibsen Re-Imagined and hope that both Ibsen fans and those new to the playwright will enjoy the productions."

For details of both shows visit [www.space.org.uk](http://www.space.org.uk)



**SPEAKING Parts**, a week-long exhibition at Raven Row framed by two weekends of performance, brings together artists who weave text and language – from poetic prose to the spoken word and scored voice – into the fabric of sculpture, film, painting and performance.

The works in the exhibition, which runs from May 15 to May 24, are for the most part ephemeral and portable, and depend on the input of the artist, collaborators and/or audience to be fully realised. Admission is free, however booking for the performances is essential.

To book visit [www.ravenrow.org](http://www.ravenrow.org)

Pictured is Michael Dean analogue series (tongue)

Courtesy the artist and Herald St, London

## Fringe festival celebrates horticultural happenings

BY MELANIE YEA

**THE fourth Chelsea Fringe will begin on Saturday, May 16 and run for three weeks at a host of different venues and settings across London.**

Building on the success of the previous Chelsea Fringe festivals, it will feature a wonderful mixture of public spectacles, horticultural happenings and community celebrations.

The Fringe is all about harnessing and spreading some of the excitement and energy that fizzles around gardens and gardening.

The idea is to give people the opportunity to express themselves through horticulture, to open up possibilities and to allow full participation.

Entirely independent of the RHS Chelsea Flower Show (though acting with its support), the Fringe explodes out of the showground geographically, demographically and conceptually.

Its events encompass everything from grassroots



community garden projects to avant-garde art installations.

The open-access principle means that just about anything goes – as long as it's interesting and legal, and on the subject of gardens, flowers, veg growing or landscape.

The Fringe showcases a wide range of work from professionals and enthusiasts, both from the gardening world and beyond.

Contributors create installations, events and experiences, exhibits, talks and walks.

#### Dates for the diary

■ On **May 16** people are invited to celebrate with a group of cyclists who have ridden from Manchester to Bethnal Green to promote urban wild planting and sustainability.

There will be food and drink provided by the The Pillbox Kitchen, urban bee-keeping and wild flower planting talks – chatting and seeds all mixed together in a special cocktail of sustainability.

The cyclists will be bringing seed packets, including edible plants, that have been curated for this journey as well as Bee Raphaelite Manchester Honey, from the rooftops of Manchester Art Gallery.

The event runs from 4-9pm at The Pillbox Kitchen, Bethnal Green.

■ On **May 17**, there will be a guided walk of Tower Hamlets Cemetery Park, led by park manager Ken Greenway.

Visitors will be able to discover seasonal, wild produce and discuss recipe ideas.

There will be a chance to

nibble leaves, berries and roots, collect wild leaves, and visitors will infuse plants in hot water to produce wild tea.

The event, which runs from 2-4pm, is free and there is no need to book.

For details visit [www.fothcp.org/events](http://www.fothcp.org/events)

■ Oxford House, in Bethnal Green, is hosting a range of activities and visual delights leading visitors from the silk worm to modern day textiles.

The events, running **between May 25 and June 8**, will involve making nests and cocoons, natural dye workshops, and a look at recycled clothing, stitching and sewing.

The workshops are open to all ages. Participants will be weaving it all together to create a fantastical yet educational installation, which will represent the colourful history of London's Bethnal Green.

Workshops take place at Oxford House, E2, between 3-5pm and cost £10 per workshop. For dates and information visit [www.colourcollective.co](http://www.colourcollective.co)

#### News in brief Half-term fun

DURING May half-term visitors to the Ragged School Museum in Mile End can look back at the top trends for men, women and Ragged School children during the Victorian era.

From bustles to bonnets, top hats to tea gowns, visitors will get the chance to experience fashion as it was in the time of Queen Victoria.

There will be lots of arts and crafts, face painting, costumes, an under-5s play area, and the Towpath Café will be open for thirsty grown-ups.

The event is free and visitors can drop in anytime from 10am-5pm.

For more information visit [www.raggedschoolmuseum.org.uk](http://www.raggedschoolmuseum.org.uk)

#### Film festival

THE 16th Rainbow Film Festival is set to launch on Sunday, May 25 at Genesis Cinema in Mile End Road.

The annual festival is organised by Rainbow Film Society and will take place in venues including Genesis, Brady Arts Centre, Montefiore Centre and the Tarling Centre.

A total of 14 films will be screened including features, shorts and documentaries.

The festival has always hoped to provide local people with films they would otherwise be unlikely to see.

The festival runs until Sunday, June 1.

For more information on dates, times and films showing email [rainbowfs@aol.com](mailto:rainbowfs@aol.com)

#### Visionary success

VISIONARY artist Chassol returns to London with a multi-media adaptation of his new album, Big Sun.

Taking place at Rich Mix on Wednesday, May 20, from 8pm, visitors will be treated to an energetic score that he performs live as the film is screened on stage.

A new collaboration, Ju, from audio-visual artist Sisi Lu and drummer Ollie Howell opens the evening. Tickets cost £17.

Visit [www.richmix.org.uk](http://www.richmix.org.uk)



# Positive Activities for Young People (PAYP)

Positive Activities for Young People (PAYP) is a programme designed to enhance the development of young people aged between 8 to 19 years old.

The programme allows young people to take part in diversionary activities through a variety of projects delivered by key partners throughout the holiday periods with priority given to 13-19 year olds or up to 25 years for those with Special Educational Needs (SEN) and Learning Difficulties and/or Disabilities (LDD).

Tower Hamlets Council is now inviting proposals from community and voluntary groups for targeted, creative and developmental activities that meet the Help Children Achieve More (HCAM) key outcomes.

Activities must be interactive and educative, with a view to focus on enhancing community cohesion and reducing youth related crime. Projects can focus on aspects such as arts, sports, environmental awareness, truancy prevention, education attainment, active citizenship, volunteering and personal development.

We expect delivering agencies to have robust outcome driven approach through an integration approach with wider youth and community services and a meaningful accredited learning process in place.

2015-16 Funding is now available for community and voluntary groups

**Organisations can apply for funding during the following period:**

**Summer holidays for up to 5 weeks (July 22 – August 28)**

**Applications of up to £5,000 can be made.**

The PAYP assessment panel will assess all applications and are particularly keen to support projects that offer unique and innovative programmes. These could vary from projects working with young women or a specific targeted cohort.

We will endeavour to support as many key projects as possible to deliver a meaningful programme for young people across the holiday periods.

**Integrated Youth and Community Services will hold surgeries to provide support to organisations on Tuesday, May 19 between 2 – 4pm and Wednesday, May 20 between 12 – 1.30pm.**

**Applicants are required to book in advance as spaces are limited.**

**The deadline for applications is 5pm on Friday 29th May 2015.**



**For an application pack, please contact the Integrated Youth and Community team on 020 7364 3164 or email [delwarx.hussain@towerhamlets.gov.uk](mailto:delwarx.hussain@towerhamlets.gov.uk)**







## Farm fresh and down your way

Stepney City Farm in Stepney Way is a working farm and rural arts centre. Its café and shop are open to the public, selling produce grown and sold in Stepney – as well as tasty meals.

[WWW.STEPNEYCITYFARM.ORG](http://WWW.STEPNEYCITYFARM.ORG)

## Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

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### Eating out, eating in

# Fishy delights that will tempt your tastebuds

BY GORDON BLUE

**AFTER many an evening of Bikram yoga late at night in South Quay, I pass by this bijou restaurant that rather stands out amidst the other drab, grey concrete buildings.**

So much so that I instruct the Silver Fox one night to put out his pipe and don his cardigan 'cos we're going out.

The Dock is all about seafood and fish and tempts one in with warm lighting and minimal decor.

The menu is pared back but tempting and we start with a stone crab salad and crayfish salad. These were a little shy on the actual crustacea in both cases, but dressed well and a good combination of textures.

For the mains, we chose from the fried selection rather than the roasted or grilled fish (note our lack of gym slip figures) and we were happy as sand boys.

Plentiful flaky haddock, steamed in a crispy batter and a mountain of hot, salty chips was just the ticket. The Silver



The Dock is all about seafood and fish

Fox's scampi made him light up like a schoolboy and he was equally delighted with the amount.

Mushy peas were extra, which felt a little cheeky – and there in is the rub. This is a neighbourhood restaurant and a nice one at that. But the prices are a little on the high side.

Dessert of sticky toffee pudding with vanilla ice cream was ok, delicious ingredients

but served barely warm and a pound over the £5 standard mark.

Am I being mean? I see it more as indicative: this is a restaurant that wants to be more than a good quality neighbourhood favourite, but if so it needs to up its game a little.

The problem with higher prices is higher expectations. I'd expect bread and water on the tables. Dem's de rules in this

dog-eat-dog borough I'm afraid.

As regular readers will know by now, I barely drink. However, the wine list is pretty comprehensive here and would tempt me back for a satisfying tippie alongside any fish supper.

Two ate two courses and a shared pud, with a happily very large glass of white for just under £70 including service.

■ The Dock is at 2 Mastmakers Road, E14. Tel: 7515 4334.

# Sunshine inspired frozen delights

**HERE at Stepney City Farm, we have been blessed with some beautiful weather over the last month, which has stimulated swift growth of herbs and greens, as well as requests for frozen delights from our regulars.**

Our mint patches especially have been enjoying the rays, and what better way to use up the surplus than creating a

wonderfully smooth and refreshing parfait.

No ice cream machine is needed here, or constant tire-some hand churning.

A parfait is essentially a set and frozen cream which is super simple to make.

There are endless variations you can experiment with.

Just use this as a basic recipe and create your own favourite flavours!

## Mint Parfait

### Ingredients

50g fresh mint leaves  
450ml double cream

3 eggs (separated)  
150g caster sugar

### Method

1. Take half the cream, add the mint and blitz in a blender. Add the rest of the cream and carefully whip together to form soft peaks. Cover and place in the fridge.

2. Place the egg whites in a bowl and weigh out 75g of the caster sugar. Add a pinch of the sugar to the whites and whip until they hold their shape. Slowly add the rest of the sugar while whisking. Place in the fridge.

3. Take the final 75g of caster

sugar and whisk with the egg yolks in a heatproof bowl.

4. Place the bowl over a pan of simmering water and cook for around 10 minutes, whisking frequently. The egg yolks will thicken as they cook. Take the bowl off the heat and let cool slightly.

5. Take the meringue and gently fold into the egg yolks. Once combined, repeat the process with the flavoured cream. Carefully pour into a suitable container and place in the freezer for at least 4 hours.



*'Well worth the detour'*  
Hackney Gazette 2009

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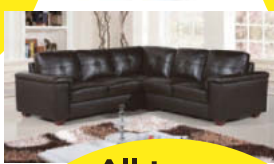
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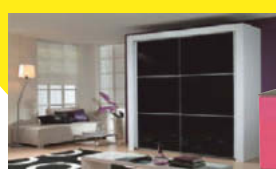


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## Do you have an idea for a New Social Enterprise but need funding to set up?



The Beyond Business Programme, Bromley by Bow Centre are offering start up funding for new or emerging Social Enterprises across Tower Hamlets, Hackney and Newham. The Social Enterprise must be located in those Boroughs.

### What is the Beyond Business Programme?

Beyond Business has already launched a network of 50 plus successful Social Enterprises in the East End and provides:

- Start up funding,
- Strategic and business planning guidance, and
- Practical business support including training, mentoring and pro-bono legal services.

### Is my idea for a Social Enterprise eligible?

To be eligible for a start up grant of up to £17,000 your idea for a Social Enterprise must:

- Have a clear social purpose and outcomes, such as employment for people with barriers to work, youth training, healthy living and local environment improvements.
- Have a sound business proposition and the potential to be financially sustainable without reliance on grant funding.
- Create sustainable employment.
- Be able to legally set up and start trading by end January 2016.

### How will Applicants be assessed?

- **Stage 1:** Applicants submit an expression of interest form for a panel review.
- **Stage 2:** Applicants successful at stage 1 complete a business plan, with support from the Beyond Business team.
- **Stage 3:** Applicants successful at Stage 2 present their business idea and plan to an independent Dragons' Den panel on 15th October 2015 - funding then approved for successful applicants.

### Need an expression of interest form?

#### Please contact:

Kim Hayman, Beyond Business, Bromley by Bow Centre, St Leonard's St, E3 3BT

**Telephone:** 020 8709 9722

**Email:** kimh@bbbc.org.uk

The closing date for Submission of Expressions of Interest is **15th June 2015**.

For full details on eligibility and any other information, please contact Kim Hayman



[www.bbbc.org.uk](http://www.bbbc.org.uk)





## Gardeners on the front foot

Cultivation Street is helping to bring back front gardens and revitalise our streets, while at the same time encouraging people to take up gardening and grow their green skills.

[WWW.DAVIDDOMONEY.COM/CULTIVATION-STREET](http://WWW.DAVIDDOMONEY.COM/CULTIVATION-STREET)

## The write stuff

East Village, the former London 2012 athletes' village, is hosting free writing workshops. To register call...

8692 0231 EXT 249

### Property

## Inspiring youth space wins award

**SPOTLIGHT youth space scooped a gong at the Royal Institution of Chartered Surveyors (RICS) Awards London 2015.**

The Poplar centre won the community benefit category at the ceremony which took place in central London, in front of an audience of more than 360 London property professionals.

Spotlight was among 57 of London's most impressive property schemes that battled it out for top honours.

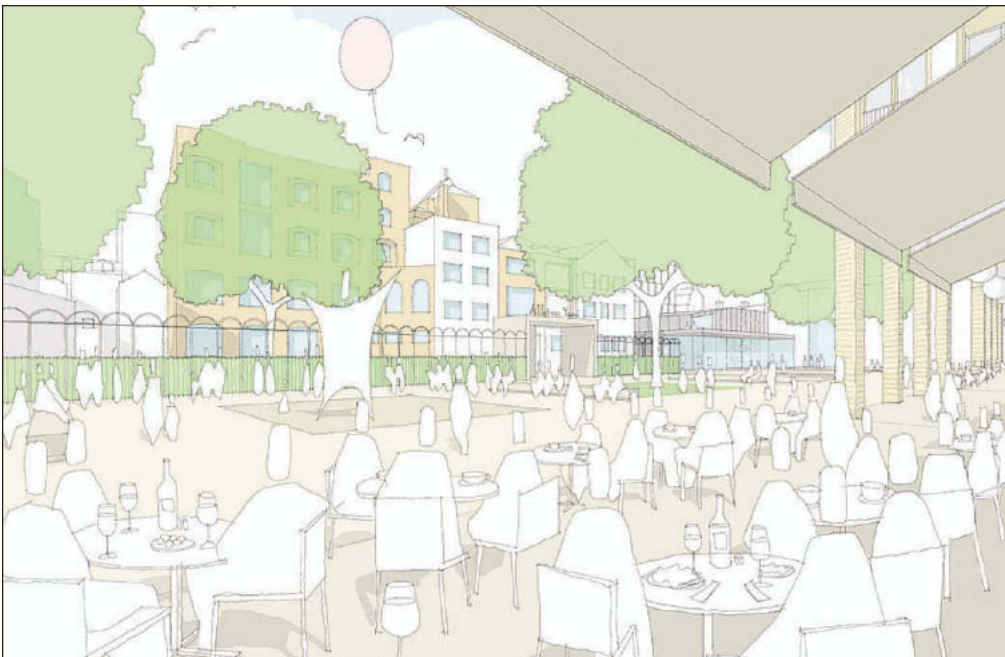
The annual contest celebrates inspirational initiatives in the land, property and construction sectors.

The centre offers a space for young people to take part in free creative activities including film, design, art, broadcasting, performance, dance, boxing and fashion.

The judges said: "Spotlight isn't a youth club or a youth centre – it's a multi-million pound creative youth space designed to inspire."

The building will now automatically be entered into the national RICS Awards.

Here it will compete against other leading projects from across the UK later this year.



FOLLOWING 12 months of consultation, a supermarket in Whitechapel has submitted a planning application for a mixed-use development including homes and public space. Sainsbury's in Whitechapel aims to develop its 4.7 acre site as part of the Whitechapel Vision – which sets out plans to deliver new homes, jobs and public open space in the area.

If the plans become a reality, more than 600 new homes will be built under the scheme.

## Explore new writing skills at workshops

**EAST Village, the former London 2012 athletes' village, is hosting a series of free writing workshops.**

Taking place at Neighbourhood – the community pub and restaurant at the heart of East Village – the events have been organised by Get Living London, the owner and rental management company behind the private rented homes at the Queen Elizabeth Olympic Park.

The workshops will be run in partnership with literary organisation Spread The Word.

Through exercises, reading and discussion, participants will be able to explore new ways of writing, innovative approaches to creating characters and techniques for writing arresting dialogue.

Suitable for beginner and intermediate writers, the free workshops will run from 7-9pm. The first, on Wednesday, May 20, is called Kickstart Your Writing and will explore what stories are, how they are made and what makes them compelling.

To register, email [lucy@spreadtheword.org.uk](mailto:lucy@spreadtheword.org.uk) or call 8692 0231 ext 249. Places are limited and will be allocated on a first come first served basis.

# A homeless challenge

BY JESSICA ODUBAYO

**A CHARITY is challenging Londoners to tramp all night through the streets of London, fundraising and increasing awareness about homelessness.**

Theatre company Cardboard Citizens gives homeless people opportunities to perform, volunteer and gain qualifications. The charity in Aldgate also supports homeless people with issues such as housing and finances.

At midnight on June 20, fundraisers will start The Big Tramp through London, mapping the history of homelessness from E1 to SE11.

Throughout the night members of the theatre company, all of whom have had experience of homelessness themselves, will show participants the City in a whole new light through storytelling and immersive pop-up theatre performances.

Led by walking guide Henry Eliot, participants will be transported back through London's

history, reliving George Orwell's down and out woes of vagrancy, visiting the church where Charles Dickens famously stumbled across 'houselessness', and viewing the doss-houses where Welsh poet W H Davies once sought shelter from the dark streets of London town.

As the night draws on and hunger strikes, walkers will be met by a soup kitchen with a chance to rest and recuperate for the journey ahead.

The final leg of the journey will take fundraisers to a work-

house, where Charlie Chaplin lived as a child. Here, with breakfast and a screening of his short film The Tramp, the walk will come to an end.

The walk starts at 11pm at Cardboard Citizens, 77a Greenfield Road, Aldgate East.

Walkers will pledge to raise a minimum target of £250 for Cardboard Citizens on top of the registration fee of £39 (£30 for students & concessions).

Anyone interested can register online at [www.cardboardcitizens.org.uk/big-tramp](http://www.cardboardcitizens.org.uk/big-tramp)

# Gardens come alive in the merry month of May

**Plant of the month from the Royal Horticultural Society**

**MAY is a blooming lovely month – plants are beginning to flower and show their true colours and inspire us to get out into the garden a little more.**

But it's not just the May sunshine that is inspirational.

Not only is there possibly the best flower and gardening celebration in the world taking place this month, the RHS Chelsea Flower Show from May 19-23, but Cultivation Street is up and running and looking for community gardening projects to enter its annual competition.



Cultivation Street is helping to bring back front gardens and revitalise our streets while at the same time encouraging people to take up gardening and grow their green skills.

The front garden is often overlooked as a growing area – with a solitary tree planted and not a flower in sight. Gardening myth of the month is that you

can't plant flowers under trees – a myth that's not founded in fact at all as flower beds can actually help keep trees healthy.

They are also more sustainable than grass in the long run because flower beds require less water. Choose perennials to minimise soil disturbance, and choose the smallest plants possible for the same reason. Carefully work them into the soil that's there, rather than adding more soil or compost for planting, and choose colours that tone well with your tree foliage.

For more information on Cultivation Street, visit [www.daviddomoney.com/cultivation-street](http://www.daviddomoney.com/cultivation-street)

Early colour comes this month from the popular pelargonium, commonly known as geranium. Pelargoniums flower from spring right through to late

autumn. If you protect them from frost during the winter months they will continue to thrive for many years and so long as they have a bit of sun, they can be grown pretty much anywhere.

There are seven different types of pelargonium – Angel, Decorative, Ivy-Leaved, Regal, Species, Scented Leaf and Unique.

Pelargonium fan Baroness Floella Benjamin OBE is an ardent admirer.

"When I see pelargonium my heart sings with joy," she said.

May is the month when everything gets busy in the garden and even the most relaxed of gardeners gets going.

Watering and weeding are both key, as is sowing and planting out, depending on the weather. It's also time to get back to mowing the lawn.

**Here are some top jobs for this month from the Royal Horticultural Society and National Garden Gift Vouchers:**

- watch out for late frosts and protect tender plants;
- liquid feed containers every two to four weeks;
- plant out summer bedding;
- collect rainwater and look at ways to recycle water for irrigation;
- regularly weed;
- open greenhouse vents and doors on warm days;
- mow lawns weekly;
- sweet peas need training and tying in to their supports;
- watch out for greenfly and black spot on roses;
- plant hanging baskets.



# tower hamlets homeseekers

**08/05/15 - 14/05/15**  
Closing date for Internet and  
Telephone bids:  
**14/05/15**

Find out about local schools, council services, transport links, and businesses at: [www.upmystreet.com](http://www.upmystreet.com)

UpMyStreet

Guinness  
South

east THAMES



ONE  
HOUSING  
LIVING BETTER



Network Stadium

newlon  
HOUSING TRUST

east  
end HOMES

L&Q



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

تاؤر ہاملٹس ہاؤسنگ لیسٹ پر ایک ایسی درخواست دینا ضروری ہے جس سے آپ کو ہاؤسنگ لیسٹ پر شامل کیا جاسکے۔ آپ کو ہاؤسنگ لیسٹ پر شامل ہونے کے لیے درخواست دینا ضروری ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کرتے ہیں۔۔۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若你仍然登記在塔橋區政府現時生效的房屋名單上，你才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اسی صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگ لیسٹ" میں آپ کی درخواست واجب اورز پر غور ہے۔ براؤزر میں سے کسی گھر کو دیکھنے کے لئے مت جائیے کیونکہ یہ ہر ایکوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کرتے ہیں۔۔۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk).

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

## Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



**1. Internet Bidding**  
Just log on to [www.thhs.org.uk](http://www.thhs.org.uk)



**2. Telephone Bidding**  
Simply call 0845 270 2400

## Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

## CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme ([www.tfl.gov.uk/cycling](http://www.tfl.gov.uk/cycling)) and local pay-as-you-go car clubs ([www.carplus.org.uk](http://www.carplus.org.uk)) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit [www.towerhamlets.gov.uk/parking](http://www.towerhamlets.gov.uk/parking)





**OVER 60's**  
**Accessible Category F**  
**SWEDENBORG GARDENS, E1**

Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

Eligibility : Min Client Age 60

£125.83, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 32321



**OVER 50's**  
**Accessible Category F**  
**JAMAICA STREET, E1**

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission

Eligibility : Min Client Age 50

£147.79, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 32331



**OVER 50's**  
**Accessible Category D**  
**BENTWORTH COURT, GRANBY STREET, E2**

Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted. Heating and hot water included in the charges

Eligibility : Min Client Age 50

£126.03, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32334



**BEDSIT SELF-CONTAINED FLAT**  
**Accessible Category F**  
**SWINTON HOUSE, TURIN STREET, E2**

Flat • 0 Bed 1 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£102.82, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32289



**1 BEDROOM**  
**Accessible Category F**  
**WINTERTON HOUSE, DEANCROSS STREET, E1**  
Flat • 1 Bed 2 Person • 6th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Residents parking scheme • Pets not permitted . concierge

£138.74, Weekly - Social Rent  
Landlord: Tower Hamlets Community Housing

Property Ref: 32325



**1 BEDROOM**  
**Accessible Category F**  
**KILDARE WALK, E14**

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Wet Room (walk in shower) with W/C • GCH • No garden • Permit parking • Pets with landlords permission  
One week's advance rent required

£0.00, Rent to be advised  
Landlord: Poplar HARCA

Property Ref: 32279



**1 BEDROOM**  
**Accessible Category F**  
**STAFFORD CRIPPS HOUSE, GLOBE ROAD, E2**

Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£111.88, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32323



**1 BEDROOM**  
**Accessible Category C**  
**ANGEL HOUSE, CAMPBELL ROAD, E3**

Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted.  
Property managed by Karin Housing Association

£112.14, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 32284



**1 BEDROOM**  
**Accessible Category F**  
**WATSON COURT, CAMPBELL ROAD, E3**

Flat • 1 Bed 2 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission • This is a fixed term tenancy of 5 years  
Existing social housing tenants will be issued an assured tenancy

£123.17, Weekly - Social Rent  
Landlord: Swan Housing Association

Property Ref: 32326



**1 BEDROOM**  
**Accessible Category F**  
**BERKELEY HOUSE, WELLINGTON WAY, E3**  
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Residents parking scheme • Pets with landlords permission

£128.82, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 32287



**2 BEDROOMS**  
**Accessible Category F**  
**ANSELL HOUSE, MILE END ROAD, E1**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted  
Heating and hot water included in the charges

£144.97, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32286



**2 BEDROOMS**  
**Accessible Category F**  
**LEYLAND HOUSE, HALE STREET, E14**

Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£123.97, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32282



**2 BEDROOMS**  
**Accessible Category F**  
**HESPERUS CRESCENT, E14**

House • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission

£127.54, Weekly - Social Rent  
Landlord: EastendHomes

Property Ref: 32281



**2 BEDROOMS**  
**Accessible Category F**  
**UAMVAR STREET, E14**

Flat • 2 Bed 3 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission .One week's advance rent required

£141.02, Weekly - Social Rent  
Landlord: Poplar HARCA

Property Ref: 32278



**2 BEDROOMS**  
**Accessible Category F**  
**ST ANTHONY'S CLOSE, E1W**

Maisonette • 2 Bed 4 Person • 5th floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted .Heating and hot water included in the charges

£163.29, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32338



**2 BEDROOMS**  
**Accessible Category F**  
**ELLEN WILKINSON HOUSE, USK STREET, E2**

Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • Three lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Homeless Permanent

£131.36, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32324



**2 BEDROOMS**  
**Accessible Category E**  
**AYRTON GOULD HOUSE, ROMAN ROAD, E2**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

Eligibility : Homeless Permanent

£126.44, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32329

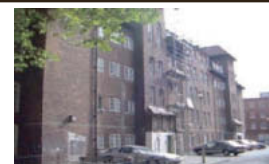


**2 BEDROOMS**  
**Accessible Category F**  
**CREWE HOUSE, TURIN STREET, E2**

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£129.67, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32322



**2 BEDROOMS**  
**Accessible Category F**  
**BENSON HOUSE, LIGONIER STREET, E2**

Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£121.10, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32327



**2 BEDROOMS**  
**Accessible Category F**  
**LEADENHAM COURT, SPANBY ROAD, E3**

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted  
Heating and hot water included in the charge

£146.47, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32288





**3 BEDROOMS**  
Accessible Category F  
PRINCELET STREET, E1

Maisonette • 3 Bed 5 Person  
• 1st floor • Separate kitchen  
• No Lift • Separate Bathroom  
and W/C • GCH • No garden  
• Permit parking  
• Pets not permitted

£159.70, Weekly - Social Rent  
Landlord: Spitalfields HA

Property Ref: 32332



**3 BEDROOMS**  
Accessible Category F  
GLASSHOUSE FIELDS, E1W

Flat • 3 Bed 5 Person • 1st floor •  
Separate kitchen • No Lift •  
Entryphone • Bathroom with W/C •  
GCH • No garden • Permit parking  
• Pets not permitted

£161.83, Weekly - Social Rent  
Landlord: Spitalfields HA

Property Ref: 32333



**3 BEDROOMS**  
Accessible Category F  
JAMES DOCHERTY HOUSE,  
PATRIOT SQUARE, E2

Maisonette • 3 Bed 4 Person • 2nd  
floor • Separate kitchen • No Lift •  
Wet room (walk in shower) • GCH  
• No garden • Permit parking •  
Pets permitted • Stairlift

Eligibility : Transfer List

£156.98, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32285



**3 BEDROOMS**  
Accessible Category D  
BRUCE ROAD, E3

House • 3 Bed 6 Person • Ground  
Floor • Separate kitchen • No Lift •  
Bathroom with W/C • GCH •  
Private garden • Permit parking •  
Pets permitted

£142.81, Weekly - Social Rent  
Landlord: Tower Hamlets Council

Property Ref: 32280



**4 BEDROOMS**  
Accessible Category F  
LOWELL STREET, E14

House • 4 Bed 6 Person • Ground  
Floor • Separate kitchen • No Lift •  
Bathroom with W/C • GCH •  
Private garden • Permit parking •  
Pets not permitted

£165.56, Weekly - Social Rent  
Landlord: Gateway Housing  
Association

Property Ref: 32320

# AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.



**AFFORDABLE RENT**  
Accessible Category F  
PHILIP BLAIRMAN HOUSE,  
ELDER STREET, E1

Flat • 0 Bed 1 Person • Ground  
Floor • Separate kitchen • One lift •  
Entryphone • Bathroom with W/C •  
GCH • No garden • Permit parking  
• Pets not permitted • Life Time.

£200.00, Weekly - Affordable Rent  
Landlord: Newlon HA

Property Ref: 32290



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 2nd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32292



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 1st floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

Advert represents 3 properties  
£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32303



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 2 Bed 4 Person • 1st floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

Advert represents 3 properties  
£184.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32305



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 3 Bed 5 Person • 1st floor •  
New build • Separate kitchen •  
One lift • Entryphone • Bathroom  
with W/C and Additional W/C •  
GCH • Balcony • Car free home •  
Pets with landlords permission •  
One week's advance rent  
required.

£206.46, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32308



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 2nd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.  
Preference will be given to  
Housing Moves applicants

Advert represents 2 properties  
£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32310



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 2 Bed 4 Person • 2nd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time.  
One week's advance rent required.

Advert represents 2 properties  
£184.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32311



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 3 Bed 5 Person • 2nd floor •  
New build • Separate kitchen •  
One lift • Entryphone • Bathroom  
with W/C and Additional W/C •  
GCH • Balcony • Car free home •  
Pets with landlords permission •  
One week's advance rent  
required.

£206.46, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32313



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 3rd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

Advert represents 2 properties  
£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32315



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 2 Bed 4 Person • 3rd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

Eligibility : Band 3  
£184.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32317



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 5th floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32318



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 5th floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • . . . Car free  
home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

Eligibility : Band 3

£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32335



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 1 Bed 2 Person • 3rd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required.

Eligibility : Band 3

£167.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32336



**AFFORDABLE RENT**  
Accessible Category C  
GALLEY APARTMENTS,  
STAINSBY ROAD, E14

Flat • 2 Bed 4 Person • 3rd floor •  
New build • Open plan kitchen •  
One lift • Entryphone • Bathroom  
with W/C • GCH • Balcony • Car  
free home • Pets with landlords  
permission • Life Time. One  
week's advance rent required  
Preference will be given to  
Housing Moves applicants

£184.83, Weekly - Affordable Rent  
Landlord: Poplar HARCA

Property Ref: 32337



**AFFORDABLE RENT**  
Accessible Category G  
COLUMBIA ROAD, E2

Flat • 1 Bed 2 Person • 3rd floor •  
Separate kitchen • One lift •  
Bathroom with W/C • GCH • No  
garden • Permit parking • Pets not  
permitted • This is a fixed term  
tenancy of 5 years. Existing social  
housing tenants will be issued an  
assured tenancy. Financial assessment  
and credit check will be required.

£203.56, Weekly - Affordable Rent  
Landlord: Guinness South

Property Ref: 32291



## AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at [www.thhs.org.uk](http://www.thhs.org.uk) for further information.



**AFFORDABLE RENT Accessible Category B**  
BURLON RIDGE COURT, FESTUBERT PLACE, E3  
Flat • 2 Bed 3 Person • 3rd floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted  
This is a fixed term tenancy for 5 years

£201.00, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 32328



**AFFORDABLE RENT Accessible Category F**  
RANWELL CLOSE, E3  
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted  
This is a fixed term tenancy for 5 years

£259.48, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 32330



**AFFORDABLE RENT Accessible Category F**  
LAKEVIEW ESTATE, OLD FORD ROAD, E3  
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted  
This is a fixed term tenancy for 5 years

£188.89, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 32283



**AFFORDABLE RENT Accessible Category F**  
LAKEVIEW ESTATE, OLD FORD ROAD, E3  
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets not permitted  
This is a fixed term tenancy for 5 years

£190.31, Weekly - Affordable Rent  
Landlord: OLD FORD HA

Property Ref: 32301

## WOULD YOU LIKE TO MOVE TO ANOTHER PART OF LONDON?

Would you benefit from being nearer work or training? Do you have spare bedrooms in your home? Would you like to live closer to family or friends?

If your answer is 'yes' to any of these questions, and you currently live in social housing, the Mayor of London's Housing Moves scheme may be just what you're looking for.

Housing Moves offers Londoners living in social housing the chance to move home within the capital.

London boroughs and housing associations advertise homes available to social tenants from other parts of London on the Housing Moves website. The number of properties on offer through the scheme at any given time varies. But regular website visitors will see properties of all types and sizes across London.

Priority is given to applicants who:

- are in work or training
- currently have more bedrooms than they need
- wish to move in order to provide care for friends or relatives
- do not have enough bedrooms for their needs

To find out more and to apply go to [www.housingmoves.org](http://www.housingmoves.org)

If you have any questions about the scheme, please contact your landlord. Housing Moves is very popular, so we cannot guarantee a move to everyone who applies.

The scheme is operated by the Mayor of London.

People who move through the scheme become a tenant of the council or housing association that manages the property. The new landlord will give you information about the type of tenancy offered and the rent and service charges you will be expected to pay. Some of this information is also available on the Housing Moves website.

Housing Moves is open to social housing tenants with an assured or secure tenancy. You are not eligible if you are on an introductory or starter tenancy, or you are in temporary accommodation. Applicants must live in a borough that is contributing properties to the scheme. You must have had no rent arrears for at least 12 months and must not be going through possession procedures or being evicted.

Once you have registered, your application will be checked by your landlord. If your landlord is happy to approve your application, you will then be able to bid for properties through the website.

The Mayor of London also runs the Seaside & Country Homes scheme. This is a scheme to help London's older social tenants to move to flats and bungalows in the countryside or on the coast. Visit [www.housingmoves.org](http://www.housingmoves.org) for more information about the scheme and to register.

Housing Moves

MAYOR OF LONDON

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- 0% Rent loss during contract
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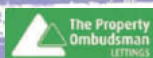
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[www.primelandproperty.co.uk](http://www.primelandproperty.co.uk)

**020 7377 5445**

\*T & Cs apply

124 Whitechapel Road, London E1 1JE



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**EARLY NOVEMBER**

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**07931 699 471**

**E: PRINCE2@FOXTA.CO.UK**  
**W: WWW.FOXTAUK.COM**

## Accelerate Health CIC

We are a clinical social enterprise working in Tower Hamlets serving wound and lymphoedema patients in the community and in our new Treatment Centre based in Mile End Hospital. We currently have a great opportunity for an individual to work as our **Treatment Centre Administrator**. This is an important customer facing role which involves dealing directly with our patients and carers as well as managing the clinics, transport and appointments. We are looking for an enthusiastic individual with strong IT and interpersonal skills who is also able to work on their own initiative.

For more details about this full time post and to register your interest please send an email to [info@acceleratecic.com](mailto:info@acceleratecic.com) for an application form. No CVs please. Salary is commensurate with Band 3/4 Agenda for Change, depending on experience.

Website: [www.acceleratecic.com](http://www.acceleratecic.com)

**Deadline: Friday 22nd May 2015**

**Interviews: June 1st or 2nd**

## Canon Barnett Primary School

Gunthorpe Street, London E1 7RQ  
Tel: 020 7247 9023



### 3 x Teaching Assistants

Monday - Friday 8.45am – 3.45pm | Scale 3

**Are you passionate about making a difference, about removing barriers to learning, about raising aspirations?**

Three of our teaching assistants have just been accepted onto teacher training courses and we are looking to recruit replacements for September 2015.

Further information, including an application pack, is available to download from [www.canonbarnett.towerhamlets.sch.uk](http://www.canonbarnett.towerhamlets.sch.uk)

**Closing Date: Monday, 18th May at 12.00pm**

**Short listing: Wednesday, 20th May**

**Interviews: Monday, 1st June, Tuesday, 2nd June**

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. Anyone appointed to the post will be subject to an enhanced police check.

**To place  
your ad  
in East  
End Life,  
call...**

**Terri on  
7364 4682**

**Chris on  
7364 4994**

**Fatima on  
7364 4623**

**Sharan on  
7364 4061**

**To reserve your  
space, please  
call us to book  
by midday on  
the Tuesday  
prior to the  
publication date**

**eastendlife**

# Skillsmatch

INNOVATION IN JOB BROKERAGE

## DO YOU HAVE WHAT IT TAKES TO START A CAREER IN THE SECURITY INDUSTRY?

Skillsmatch is a London Borough of Tower Hamlets job brokerage initiative that works with employers to secure opportunities for local job seekers. Skillsmatch is delivering a comprehensive SIA accredited course leading to the SIA licence.

Building on the success of securing employment for local residents with a wide range of security companies, we continue to offer this training opportunity to residents to meet further employer demands within this sector. To assist local residents to access job opportunities in this sector, Skillsmatch is delivering a 6 day training programme leading to the SIA Door Supervisor Licence/Badge and the HSE First Aid Appointed Person Certificate.

Security work in London is typically based on 12 hour shifts, 4 days on 4 days off and will therefore include some weekends. As an industry starter you can expect a competitive rate per hour.

The application procedure will require you to fill in forms, provide documentary proofs and undergo testing.

**Please leave your name and contact details with Skillsmatch today on  
020 7364 0626**

To be considered for a place, you must fulfil the stringent national licensing criteria which will include documentary proof of:

- Right of abode and ability to work in the UK
- Photo ID - valid passport and / or Driving Licence Parts 1 & 2
- 5 year employment, unemployment and education/training history
- 5 year address history
- 2 references

You must also be living in Tower Hamlets, be over 18, and agree to allow financial and employment vetting and a CRB check. There are limited places available and preference will be given to candidates who fulfil all criteria and clearly demonstrate a high degree of professionalism, commitment, honesty and reliability.

## ARE YOU INTERESTED IN DEVELOPING A CAREER IN ADVICE WORK?



Island Advice Centre and Skillsmatch are facilitating an exciting training opportunity for London Borough of Tower Hamlets residents who want to train to become advice workers.

#### To apply trainees will need to be:

- Available for a minimum of two days per week.
- Available to start the training in September 2015 but volunteering will ideally start before this
- Able to attend a formal training course one day per week (Tuesdays starting September 2015).

The training covers: policies and principles of advice work, welfare benefits, housing, immigration, employment and debt

This is a voluntary work placement/training scheme – trainees are not paid. However you will obtain work experience, excellent training and improve prospects of obtaining a fulfilling and satisfying job in the future.

You must be a resident of Tower Hamlets, not already in full time education and not working

more than 16 hours per week to be eligible for the training as we want the training to be your main priority and commitment.

**To apply, please call: 020 7364 0626**  
**Please leave your name, contact number and use reference - Advice Training.**

Applicants are required to pass a telephone screening before being booked in for an information/application open day.



LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**60-62 Vyner Street, London, E2 9DQ** **PA/15/1068/PLA**  
Demolition of the existing 2-storey building and construction of a new 4-storey building consisting of two floors of artist studio space and 4 no. one bedroom residential flats.

**3-5 Fashion Street, London, E1 6PX** **PA/15/1105/KHA**  
To extend the building to 4-storeys to provide 8 residential units (2 x 1 bed, 2 x 2 bed and 4 x 3 bed) over ground floor B8 (Storage and distribution) space.

Application for variation of condition no. 2 of planning permission dated 30/11/2012, ref: PA/12/02555.

Amendments include:

Rebuilding ground floor elevation on Fashion St.

Change to signage on Fashion St

Changes to proportions of windows to first and second floor

Extesion of brick facade to crate enclosed balconies on churchyard elevation

Change of material of wall between staircase and lift shaft

**17 Malam Gardens, London, E14 0TR** **PA/15/1032/IOL**  
Proposed loft conversion.

**67 Brushfield Street, London, E1 6AA** **PA/15/934/KHA**  
Planning and Listed building consent for minor alterations comprising the installation of ventilation grills within the front elevation and internal alterations to accommodate the new restaurant fit out.

**448 Hackney Road, London, E2 6QL** **PA/15/735 & 736/JTH**  
Alterations to accommodate a new mansard roof, conversion of existing residential unit into 1 x 2 bedroom maisonette and 1 x 3 bedroom maisonette. (Class 3)

**Ground, 92 Mile End Road, London, E1 4UN** **PA/15/386/LAB**  
Change of use from professional business use (A2) to hot food pizza takeaway (A5).

**6 Cable Street, London, E1 8JG** **PA/15/1053/KHA**  
Change of use to Hot Food Takeaway (Use Class A5) with minor external alterations.

**Museum In Docklands No 1 Warehouse, Hertsmere Road, London, E14 4AL** **PA/15/256/CSK**  
Listed Building Consent for Internal Alterations.

**York Hall, 5 Old Ford Road, London, E2 9PJ** **PA/15/256/GMA**  
Replacement of 15 white UPVC windows at 2nd floor level with crittall windows.

**Commodity Quay, London** **PA/15/1064/LYM**  
The erection of signage at Commodity Quay.

**568 Roman Road, London, E3 5ES** **PA/15/860/SAE**  
Extension of existing Superdrug store into neighbouring unit and provision of new shopfront

**Nelson House, 3 Cold Harbour, London, E14 9NS** **PA/15/799/SAE**  
(a) External alteration to the loft/roof level of Nelson House to entail the removal of the existing roof pitch and rebuilding with new mansard and remodelling of second floor to create access to the proposed loft area.  
(b) Internal alterations and internal refurbishment works to the Grade II Listed building including demolition of sections of internal walls at ground, first and second floor level.  
(c) Repainting of the external facade of the house. (amended description)

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

**4 Newell Street, London** **PA/15/1033 & 1034/IOL**  
Refurbishment and restoration of a grade 2 listed, four-storey residential property, including internal alterations, refurbishment/replacement of windows and a new access to the basement at the rear.

**Nelson House, 3 Cold Harbour, London, E14 9NS** **PA/15/901/SAE**  
(a) External alteration to the loft/roof level of Nelson House to entail the removal of the existing roof pitch and rebuilding with new mansard and remodelling of second floor to create access to the proposed loft area.  
(b) Internal alterations and internal refurbishment works to the Grade II Listed building including demolition of sections of internal walls at ground, first and second floor level.  
(c) Repainting of the external facade of the house. (amended description)

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk). If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 11th May 2015

**OWEN WHALLEY**  
Head of Planning and Building Control



To place your Public notices in East End Life

please call...  
Terri on 7364 4682  
Fatima on 7364 4623  
Sharan on 7364 4061  
Christine on 7364 4994

Public notices

LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

TEMPORARY PROHIBITION OF TRAFFIC – SEABRIGHT STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

- **Location:** Seabright Street, between its junction with Bethnal Green Road and its junction with Viaduct place;
- **Reason:** To allow for essential gas service works in the public highway by Fulcrum;
- **Alternative route:** For vehicular traffic, Viaduct Place, Viaduct Street and Bethnal Green Road and vice versa;
- **Period:** From Monday 18th May 2015 to Wednesday 27th May 2015 from 08:00 hours until 18:00 hours.

Please refer any queries re-

garding the above traffic restriction to Dave Pryce, Network Co-ordinator, Clean , Green and Highways on 0207 364 6898 or email, [david.pryce@towerhamlets.gov.uk](mailto:david.pryce@towerhamlets.gov.uk);

Dated: 11th May 2015

**JAMIE BLAKE**  
**SERVICE HEAD**  
**PUBLIC REALM**  
**MULBERRY PLACE**  
**5 CLOVE CRESCENT**  
**LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

LICENSING ACT 2003

NOTICE OF APPLICATION TO VARY A PREMISES LICENCE

NOTICE IS GIVEN THAT Mr Mohammad Tahir has applied to London Borough of Tower Hamlets Licensing Authority to vary a Premises Licence under the Licensing Act 2003.

**Premises**  
KFC WHITECHAPEL  
84 WHITECHAPEL HIGH STREET, LONDON E1 7QX

The proposed variation is: STORE OPENING TIMES ARE TO BE VARIED  
SUNDAY – THURSDAY  
10:00 – 03:00  
FRIDAY – SATURDAY  
10:00 – 04:00

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY. Website: [www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)  
Tel: 020 7364 5008

Representations must be received no later than 28 / 05 / 15

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale(£5000)



# Public notices

## PUBLIC NOTICE

### THE LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 16A

### TEMPORARY PROHIBITION OF TRAFFIC

### (BOISHAKHI MELA PARADE) ORDER 2015

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets made the above-mentioned Order under section 16A of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be the Imposition of **One-way working** on the following directions in the following lengths of street to enable the Boishakhi Mela to be held on and adjacent to the public highway;

1. In Old Ford Road, between its junction with Grove Road Roundabout and its junction with St. Stephens Road made one way in the eastbound direction;
2. In Old Ford Road, between its junction with Grove Road Roundabout and its junction with Bonner Street made one way in the

westbound direction;

3. In Bonner Street between its junction with Old Ford Road and its junction with Roman Road made one way in the southbound direction.

Throughout the duration of the Boishakhi Mela Parade, the effect of the Order will be to prohibit vehicular traffic from entering, stopping or proceeding in:

- a) Clinton Road, the eastern arm;
- b) Grove Road, between its junction with Clinton Road and its junction with east Crown Gate on Grove Road Roundabout.

The Procession will leave from the east side of Mile End Arts Pavilion on Clinton Road and then progress north on Grove Road, across Roman Road into Victoria Park through the East Crown Gate. Exemption has been provided in the Order for access by Police, Fire and Ambulance vehicles in an emergency, or anything done with the permission of a Police Officer.

The restrictions on vehicular traffic will operate at times when temporary traffic signs, traffic cones and traffic barriers are placed on the public highway on Sunday 17th May 2015 between 11:00 hours and 18:00 hours at

nos.1, 2 & 3 above, and between 10:30 hours and 12:30 at nos. A to B above. Whilst the event is taking place, stewards will be present at some of the traffic barriers to provide access for residents and emergency services.

If you require any further details please contact Sarah Tschentscher, Festival and Events Officer on 020 7364 7909 or e-mail [festivalsandevents@towerhamlets.gov.uk](mailto:festivalsandevents@towerhamlets.gov.uk)

**Dated: 11th May 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT,  
LONDON E14 2BG**

### LONDON BOROUGH OF TOWER HAMLETS LICENSING ACT 2003

### NOTICE OF APPLICATION FOR A PREMISES LICENCE

**NOTICE IS GIVEN THAT** Canary Wharf LTD has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003

Premises: Crossrail Place (Roof

Garden), Canary Wharf, London E14 5AR

The licensable activities and timings are: Plays, films, live music, recorded music, Performances of dance, provision of late night licence and supply of alcohol  
Monday–Friday – 0800-0100hrs  
Saturday – 0800-0100hrs  
Sunday – 0800-2230hrs

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG

Website:  
[www.towerhamlets.gov.uk](http://www.towerhamlets.gov.uk)  
Tel: 020 7364 5008

Representations must be received no later than 30/05/2015

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard

scale (£5000)

### LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – DEVAS STREET E3

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

- **Location:** Devas Street, (in the eastbound direction only), between from its junction with Twelve Trees Crescent and its junction with Blackwall Tunnel Northern Approach (BTNA);

- **Reason:** To allow essential works to be carried out on the public highway by Ringway Jacobs;

- **Alternative Route:** For vehicular traffic, will be via Twelve Trees Crescent, Blackwall Tunnel Northern Approach (southbound), Brunswick Road, St. Leonards Road, Blackwall Tunnel Northern

Approach (northbound) and Devas Street;

- **Period:** From Friday 22nd May 2015 to Tuesday 26th May 2015.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Clean, Green and Highways on 020 7364 6671 or email, [charlie.harrison@towerhamlets.gov.uk](mailto:charlie.harrison@towerhamlets.gov.uk)

**Dated: 11th May 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

**Take Notice of**

# Public Notices

**Make sure you know what's going on in your neighbourhood.**

### LONDON BOROUGH OF TOWER HAMLETS

**The Tower Hamlets (A1 Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.28**

**The Tower Hamlets (A2 Parking Places) (No.1) Order 2011 (Amendment No.2) Order 2015 No.29**

**The Tower Hamlets (A3 Parking Places) (No.1) Order 2011 (Amendment No.2) Order 2015 No.30**

**The Tower Hamlets (A4 Parking Places) (No.1) Order 2011 (Amendment No.3) Order 2015 No.31**

**The Tower Hamlets (A5 Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.32**

**The Tower Hamlets (A6 Parking Places) (No.1) Order 2011 (Amendment No.3) Order 2015 No.33**

**The Tower Hamlets (B1 Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.34**

**The Tower Hamlets (C1 Parking Places) (No.1) Order 2011 (Amendment No.3) Order 2015 No.35**

**The Tower Hamlets (C2 Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.36**

**The Tower Hamlets (C3 Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.37**

**The Tower Hamlets (C4 Parking Places) (No.1) Order 2011 (Amendment No.4) Order 2015 No.38**

**The Tower Hamlets (D1 Parking Places) (No.1) Order 2011 (Amendment No.2) Order 2015 No.39**

**The Tower Hamlets (D2 Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.40**

**The Tower Hamlets (Waiting and Loading Restrictions) (No.1) Order 2012 (Amendment No.6) Order 2015 No.41**

**The Tower Hamlets (Motorcycle Bays) (No.1) Order 2015 (Amendment No.1) Order 2015 No.42**

**The Tower Hamlets (Doctor Parking Places) (No.1) Order 2011 (Amendment No.1) Order 2015 No.43**

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets on 11th May 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
2. The general effect of the Orders would be to in:
  - a) **To introduce Solo Motorcycle Bays in:**  
Bethnal Green Road (outside No.s 48, 228 and 292), Columbia Road (outside Ion Court), Cleveland Way (outside Wickham House), Roman Road (opposite

No.109), Quaker Street (outside Hollywood Lofts), Old Ford Road, St. Mark's Gate, Tredegar Road, Ruston Street, Grove Road, Arbery Road, Wick Lane, Barnado Street (opposite Pizza shop), Cable Street (by Butcher Row).

#### b) **Revoke the Solo Motorcycle Bays in:**

- i) Selby Street (opposite Hemming Street)
- ii) Brick Lane (outside No.224) and relocate it to outside No.105 Redchurch Street.

#### c) **To extend the Business Parking Spaces in:**

- i) Buckfast Street, Quaker Street.
- ii) Hassard Street and also to convert it into Business and Pay by Phone Bay.

#### d) **To extend the Permit and Pay & Display Parking Spaces in:**

Buckfast Street, Barnet Grove (east and west sides), Chester Street (also partition the existing Bay), Cleveland Way, Morville Street, Old Ford Road, Grove Road, Wick Lane, Ordell Road, Newark Street, Stepney Way (outside No.222).

#### e) **To extend the Resident Parking Spaces in:**

Collingwood Street, Selby Street, Burnham Street, Old Nichol Street, Camlet Street, Sewardstone Road (outside No.63), Old Ford Road, Ruston Street, Grove Road, Wick Lane, Coke Street, Ellen Street, Green Bank, St Katharine's Way, Thomas More Street, Prusom Street, Clark Street, Arbour Square (east & west), Bromley Street, Brodlove Lane, Princess Lodge, Cable Street, Johnson Street, Milligan Street, Schoolhouse Lane, Shoulder of Mutton Alley, Albert Gardens.

#### f) **To extend the Permit Holder Parking Spaces in:**

Wodeham Gardens, Chester Street, Brady Street, Globe Road (outside No.163), Barnet Grove (outside Spicer House), Vyner Street (outside No.2A), Calvin Street, Wendon Street, Hewison Street, Back church Lane, Tench Street, Jamaica Street.

#### g) **To extend the Pay and Display Parking Spaces in:**

Cambridge Heath Road (outside No.525), Brick Lane (outside No.224), Roman Road (outside No.80)

#### h) **To introduce Permit and Pay & Display (Shared use) Parking Bays in:**

Cephas Street (outside Barbanel House), Morville Street, Mostyn Grove, Ordell Road, Wick Lane, Thomas More Street (opposite Waitrose), Harford Street, Copley Street, Saunders Ness Road, Glenworth Avenue, Manchester Road, Millharbour (outside No.55),

Lightermans Road, Cottage Street, Malabar Street.

#### i) **To introduce Resident Parking Bay in:**

Cornwall Avenue (Outside Bradbeer House), Sewardstone Road (opposite Kemp House and opposite no.34/40), East Arbour Street, Three Colts Street, Grenade Street, Poonah Street, East Ferry Road, Spindrift Avenue, Deptford Ferry Road, Stewart Street.

#### j) **To introduce Business and Pay & Park (cashless) Bays in:**

Greenfield Road, Watts Street, Millharbour (outside Pan Peninsular)

#### k) **To introduce Permit Only Parking Bays in:**

Cassilis Road, Birchfield Street, Stepney Way (outside Redcoat Community Centre), Stewart Street.

#### l) **To revoke the Doctors Parking Bay (DB13):**

Roman Road (outside No.80) and substitute with a Pay and Display Parking space.

#### m) **To introduce Waiting Restrictions in:**

- i) Brick Lane (between Quaker Street and Bethnal Green Road) and Cheshire Street operating Monday to Friday 8.30am to 5.30pm and Sunday 5am to 3pm.
- ii) Roman Road (between St. Stephens Road and Parnell Road) operating Monday to Saturday 6am to 5.30pm.

3. The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
4. A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6952), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
5. Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: [Parking.development@towerhamlets.gov.uk](mailto:Parking.development@towerhamlets.gov.uk) of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

**Dated: 11th May 2015**

**JAMIE BLAKE,  
SERVICE HEAD, PUBLIC REALM**





# Public notices

## LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – YABSLEY STREET E14

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

- **Location:** Yabsley Street, to a point approximately 40 metres, east, from its junction with Prestons Road;

- **Reason:** To allow essential works to be carried out on the public highway by Clancy Plant on behalf of Optimise Thames Water;

- **Alternative Route:** For vehicular traffic, Yabsley Street, Blackwall Way, Baffin Way and Prestons Road (southbound) and vice versa;

- **Period:** From Monday 1st June 2015 to Friday 5th June 2015 from 08:00 hours until 18:00 hours each day.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

**Dated: 11th May 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

## LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 16A

### TEMPORARY PROHIBITION OF TRAFFIC RUSHMEAD "COMMUNITY STREET PARTY" ORDER 2015

**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets made the above-mentioned Order under Section 16A of the Road Traffic Regulation Act 1984 (as amended by Special Events Act 1994). The effect of the Order will be to prohibit vehicular traffic from stopping, entering or proceeding in Rushmead between its junction with Bethnal Green Road and its junction with Florida Street.

The restrictions on vehicular traffic will enable the Rushmead Community Street Party to be held on the public highway.

The alternative route for vehicular traffic will be via Bethnal Green

Road, Pollard Row and Florida Street or Bethnal Green Road, Squirries Street, Old Bethnal Green Road, Pollard Row and Florida Street.

However, access will be provided for Police, Fire and Ambulance vehicles in an emergency or access may also be provided with the permission of a police officer in uniform or for the purposes of the event.

The Order will operate on Tuesday 26th May 2015 from 08.00 hours until 23.59 hours when temporary traffic signs and traffic cones are placed on the public highway.

Please refer any queries regarding traffic restrictions to Festival and Events Officer, Arts and Events on 020 7364 7907 or email festivalsandevents@towerhamlets.gov.uk

**Date: 11th May 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

## LONDON BOROUGH OF TOWER HAMLETS

### ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

### TEMPORARY PROHIBITION OF TRAFFIC – SWANFIELD STREET E2

**NOTICE IS HEREBY GIVEN**, that the Council of the London Borough of Tower Hamlets, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Swanfield Street for a distance of approximately 30 metres, south, from its junction with Virginia Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Centurion Traffic Management.

The alternative route for vehicular traffic will be via Virginia Road, Columbia Road (westbound), Hackney Road, Austin Street, Hocker Street, Arnold Circus, Club Row, Redchurch Street (eastbound) and Swanfield Street or Swanfield Street, Redchurch Street (westbound), Club Row, Arnold Circus, Hocker Street and Virginia Road (eastbound).

The restriction on vehicular traffic will operate on Thursday 4th June 2015 from 10:00 hours until 15:30 hours when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Clean, Green and Highways, on 020 7364 6671 or email, charlie.harrison@towerhamlets.gov.uk

gov.uk

**Dated: 11th May 2015**

**JAMIE BLAKE  
SERVICE HEAD  
PUBLIC REALM  
MULBERRY PLACE  
5 CLOVE CRESCENT  
LONDON E14 2BG**

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**Chris on  
7364 4994**

**Fatima on  
7364 4623**

**Sharan on  
7364 4061**

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Notices**

**Why  
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should  
read  
these.**

Public & Legal notices could effect you in many ways. These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.



## Race to The Mall

The Virgin Money Giving Mini London Marathon course is three miles long – from Old Billingsgate Market to The Mall.

**SEE BELOW**

## Sport



The runners in their Team Tower Hamlets kits before the race

# Marathon effort by mini marvels

BY SHALINA HUSSAIN

**YOUNG athletes were in top form for the Virgin Money Giving Mini London Marathon – held over the final three miles of the full marathon course on April 26.**

Team Tower Hamlets consisted of 29 runners in three age groups for boys and girls – under-17s, under-15s and under-13s.

The team was put together by the council and training was provided by Victoria Park Harriers & Tower Hamlets Athletics Club coach Claudine Vickers, at Mile End Stadium.

This year's race was started

**“It is a great opportunity for our athletes to be part of a world class event.”**

Lisa Pottinger

by England and Tottenham Hotspur footballer Andros Townsend, who posed for a photo with Tower Hamlets U13s boys team.

Trey Grant, 12, was Tower Hamlets' fastest boy, completing the race in an impressive 18 minutes and 22 seconds.

Grace Miller, also 12, finished in 20 minutes, coming 33rd in the U13s girls race.

The 29 Tower Hamlets runners faced tough competition from more than 1,500 boys and girls from all 33 London boroughs.

Lisa Pottinger, head of sports and physical activities at the council, said: "Congratulations to all of our mini-marathon runners who put in a fantastic performance.

"It is a great opportunity for our athletes to be part of a world class event."



The U13s boys with Spurs and England star Andros Townsend



# Taking the title

London Tigers beat holders West Yorkshire on their way to winning the UK Bangladeshi Football Championship.



## Seven is the magic number

Tower Hamlets Youth League United is organising an adult seven-a-side football league, starting in September. To apply, or for more information, call 07789 764061.

## Sport

### Boxing

**ANDY Lee** will be unable to defend his new world middleweight title this summer, after suffering a shoulder injury.

Bow-born Lee damaged his shoulder hitting the punchbag in training and it has KO'd his scheduled clash with east Londoner **Billy Joe Saunders**.

Now there is talk that Saunders, trained by Jimmy Tibbs, will have an interim fight against Chris Eubank Junior, the man he beat in November.

That was Eubank's first defeat as a professional so a rematch would generate a lot of interest.

■ **FORMER** Repton star **Charlie Edwards** is lined up for his third professional fight in the Matchroom show at York Hall, on May 28.

Edwards, a former European bronze medallist, is still waiting for news of his opponent, but has started his career in style.

Both fights so far have ended inside the distance and the youngster looks a good tip for a shot at the British title.

■ **FOR** value-for-money, look no further than York Hall, this Saturday, May 16, where there will be seven title fights.

The Steve Goodwin promotion is offering a mouth-watering 13-bout line-up.

The main event sees **Jamie Speight** defend his Southern Area featherweight title against Ian Bailey.

There are also Southern Area title defences by Adam Dingsdale, Johnny Garton and Johnny Coyle plus two Masters title fights featuring Danny Connor and Danny Goode.

■ **UNIVERSITY** of East London SportsDock will play host to **West Ham Boxing Club's** open show on May 19.

### Cycling

**BANKERS**, dealers and staff from Canary Wharf will swap pinstripe suits for cycling shorts, this Thursday, May 14.

The occasion – the annual **Royal Bank of Scotland V Series** race, which takes place over just one lap of the Canary Wharf estate.

The teams will be given training and then the opportunity to try out their newly acquired skills in a competitive race.

Training and coaching will come from the likes of Shane Sutton OBE, technical director of British Cycling, and former British cycling coach Gary Willis.

### Futsal finals

WHETHER you're already a futsal fanatic or you've never seen the electrifying take on football live, join Sky Sports cameras courtside at the Copper Box arena on May 17.

The event includes Soccer AM presenters in an exhibition match, before the final two under-19 clubs compete for the 2015 Soccer AM Futsal Cup crown.

### Soccer

THE title dream is over for **FC Hamlets POAPC**.

Catholic United won the Essex Olympian Division Three crown, even though they, like Hamlets, didn't play in the last round of matches.

The league was decided when Sungate failed to turn out for their game against leaders Catholic.

FC Hamlets had hoped there would be a setback because they were set to play Catholic as we went to press in a match where only pride is now at stake.

### Sevens soccer

**TOWER** Hamlets Youth League United is organising an adult seven-a-side football league starting in September.

FA qualified referees will officiate, and there will be trophies to be won.

Interested teams should apply now or they could miss out. For more information, call 07789 764061.

### Rugby

**MILLWALL Rugby Club**, which will celebrate its 20th anniversary with a dinner and dance on June 6, will also be holding its annual meeting on May 30, to fill several committee places.

# Tigers get their claws into more silverware

BY PETER FAULKNER

**EAST London hosted the UK Bangladeshi Football Championship at Hackney Marshes on May 3 – and the silverware stayed in the capital.**

Group A pitted cup holders West Yorkshire against local side Beaumont, last year's hosts MK Galacticos and FC Sylhet.

This ended up as the only group where every team won at least one game, and West Yorkshire topped the table.

Beaumont and FC Sylhet were inseparable with identical records, so the two faced off in a penalty shootout with Beaumont progressing to the next round.

Group B was the only group where a London-based team failed to progress. Tower Hamlets FC finished bottom with Cambridge above them, while Birmingham and Northampton went through.

In Group C, last year's finalist London Tigers went through with a 100 per cent record and were joined by St Albans.

Luton and Bromley-By-Bow FC qualified from Group D as IOD FC and Oldham were knocked out.

As the action hotted up in



Tigers celebrate their 3-1 triumph over Luton at the Dagenham & Redbridge Stadium

the knockout stages, Luton stormed into the semi-finals with the highest scoring match of the competition, beating St Albans 5-0.

Beaumont edged past Northampton, 1-0, West Yorkshire won a tight encounter with Birmingham by the same scoreline and Tigers went through on penalties after a 2-2 draw with Bromley.

The semis served up a repeat of last year's.

But this time the result was very different, with Tigers thrashing the holders 4-0.

Beaumont failed to make it an all London affair, losing 2-0 to Luton.

The final was played at Dagenham & Redbridge Stadium between London Tigers and Luton the following day.

Tigers' early pressure allowed them to establish a 2-0 lead by half-time.

And although Luton managed to pull a goal back after the break, Tigers got a third to ensure victory.

The event was organised by Tower Hamlets Inner London Football League in conjunction with Milton Keynes Galacticos and Birmingham Shapla League.

### Basketball

**LONDON** Lions could have been crowned British Basketball League play-off champions by the time you read this.

Over two legs in 48 hours the Lions despatched Cheshire Phoenix to land a place in the play-off final at The O2, where they were due to meet league champions the Newcastle Eagles.

In the first leg of the semi-final, in front of their own fans at the Copper Box, Lions convincingly won 81-68. The 13-point victory in the

first leg put Vince Macaulay's side in pole position, and they led for much of the return too. But a 17-3 Phoenix spurt at the start of the final period, inspired by the scoring of the impressive Dustin Salisbury, hauled the hosts to within touching distance of a miraculous comeback. But Lions kept their heads to hold on for a 158-153 aggregate win. Zaire Taylor (pictured) was the Lions' star, scoring 26 points in the first leg and 32 in the return.



## Haroon is the hero for UEL

### Cricket

**ALL-ROUNDER** Haroon Qadoos dominated with both bat and ball, as the University of East London stormed to victory in their first match of the season.

They thrashed Middlesex University by eight wickets at Wanstead.

Qadoos knocked over five batsmen as the visitors struggled to 101 all out and then hit an unbeaten 42 as UEL cruised to victory.





## Get fit and have fun

To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit...

[WWW.GLL.ORG](http://WWW.GLL.ORG)

## Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

[EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK](mailto:EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK)

### Sport

# Foundation honours youngsters

BY PETER FAULKNER

**TOWER Hamlets Youth Sport Foundation held its third annual awards presentation to celebrate the borough's most talented sporting youngsters.**

An audience that included West Ham manager Sam Allardyce, ex-England cricketer Graham Gooch and former badminton world champion Gail Emms were impressed by the achievements of the girls and boys honoured at the ceremony.

One of the outstanding performers was diver Scarlett Mew Jensen.

Scarlett, who is just 13, is already part of the Team GB set-up, and won the award for diving performer of the year.

Another was Olivia Piechota, who is also performing on the international stage in her sport, judo, and is the top-ranked British Judoku in her age bracket. She was named overall female performer of the year.

The borough's young male athletes also had much to celebrate.

Denzel Akhigbe, male para-athlete of the year, won gold in the standing long jump at the 2014 London Youth Games.

Male athlete of the year went to Jodi Jones, who is making his name as a professional footballer for Dagenham and Redbridge, having become the club's youngest ever Football League player just weeks after his 17th birthday.

The award for outstanding contribution to Tower Hamlets sport went to Alf Vickers for his work with up-and-coming athletics talent down the years.

The awards for most improved boy and girl of primary school age went to Edward Fall from St Mary & St Michael's Primary School and Fabbihah Yasmin-Ali from Marion Richardson.

Chris Dunne, chair of trustees for the foundation, spoke about how the youngsters being celebrated at the presentation should be proud not only to act as role models to others, but also as living proof that young people are capable of fantastic achievements.



Olivia Piechota



Scarlett Mew Jensen



Kai Ogden



Denzel Akhigbe pictured with rugby player Luke Baldwin



Zahid Sufian with Kent cricketer Daniel Bell-Drummond

## Performer of the year winners

- Athletics – Michelle Mamadu
- Badminton – Ujjol Ahmed
- Basketball – Kailum Nicholas
- Canoe/Kayak – Will Walker
- Cricket – Mahi Mahfazul
- Cycling – Theo Modell
- Dance – Huda Jama
- Diving – Scarlett Mew Jensen
- Football – Jodi Jones
- Hockey – George Fall
- Judo – Olivia Piechota
- Karate – Nicholas Lee
- Rowing – Nomedla Laukyte
- Rugby – Mzi Khafula

- Sailing – Leila Moore
- Swimming – Kai Ogden
- Table Tennis – Anthony Lynch
- Tennis – Zahid Sufian
- Volleyball – Noelle Guenem
- Waterpolo – Sakib Imroz
- Weightlifting – Taslima Begum
- School Sports Team – Morpeth table tennis team; runner-up – Bishop Challoner Intermediate athletics club
- Club – Stepney Green Badminton Club
- Coach – Rich Kite; runner-up – Roger Lilleystone
- PE teaching assistant – Kamrul Islam;

- runners-up – Ismaeel Haqq, Masud Ahmed, Khadra Ahmed
- Outstanding Service to Sport – Alf Vickers
- Male para athlete – Denzel Akhigbe
- Female para athlete – Mahbuba Khanom
- Most improved male – Edward Fall
- Most improved female – Fabbihah Yasmin-Ali
- Male athlete of the year – Jodi Jones; runner-up – Kai Ogden
- Female athlete of the year – Olivia Piechota; runner-up – Taslima Begum







## More indside

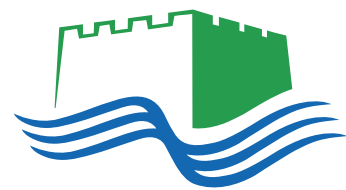
For stories on the mini marathon, football and youth sport awards...

SEE PAGES 33-35



## Knockout performers hit the road

Repton's 21 succesful boxers now go forward to the three-quarter stage of the championships in Swindon, hoping they can enjoy more success for the famous old club.



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

# Repton are the pride of London

Youngsters dominate at schools championships with a best ever 21 boxers winning titles

BY PETER FAULKNER

**REPTON'S young boxers have beaten another club record, picking up 21 London schools titles in one weekend.**

There were a dozen winners in the ring on May 2-3.

And a further nine boxers

were crowned champions – without even having to lace on the gloves.

Collectively they gave the Bethnal Green Club a haul of titles unseen at any level before.

Three of the finals took place on Saturday, May 2 with Joe King, Patrick Connors and Roberto Lacourt all winning on

points against Pat McDonagh (Finchley), Gary Hynes (Northolt) and Danny McDonagh (Hook) respectively.

On the same day, there were impressive victories by Barney Docherty, who stopped Steve Rayner (Hayes) in two rounds, Levi Deighton, who also won in two rounds against John Rooney

(Eltham) and Fred Moss – the most convincing winner – who halted Lee Morgan (Bromley) in one round. Rowan Decurdo was a points winner over Billy McDonagh (Hook) and there was also a points win for Joseph Smith against Alan Rahman (Bromley).

The following day Repton had ten boxers in action – and suffered just one reverse.

Again there were three second-round winners – Fred Moss stopping Alan Cubravic (Westside), Vincent Driscoll halting Frank Coulter (Bodyshots) and Dennis McCann beating Steve Robinson (Lynn).

There were fine performances from Barney Docherty and Levi Deighton, both boxing for the second time in 24 hours and punching out points wins over Tony Hickey (Fisher) and Roger Michelwich (White Hart Lane) respectively.

The run of success continued

with David Tierney outpointing Francis Reece (Northolt) and John Inman getting the nod over Tony Corcoran (Dale Youth).

Next up was Rowan Decurdo, another youngster fighting for the second time, who proved too good for Patrick Connors (Fisher), while Joseph Smith followed up Saturday's win with another points success against T Kashin (Northolt).

The walkover winners were Charlie Hickford, Nathan Harris, Levi Lee, Harvey Smith, George Mitchell, Jack Oliphant, Calum Eastwood, George Ellis and Adam Mohammed.

John Hegdes was the only one to miss out, but there were no arguments about his points loss to Wayne Lee (Bodyshots).

All 21 succesful boxers now go forward to the three-quarter stage of the championships in Swindon, hoping they can continue this incredible journey for their famous club.



**■ THREE Repton boxers have been chosen to compete in the European Junior championships in Ukraine this Friday.**

The trio are Johnny Johnson, Jessie Dean Harris and Tommy Roberts – and they could make club history.

Last year Johnson (pictured) became the first Repton boxer to win a European title.

The club are now hoping to pull off a unique treble against one of the world's toughest boxing nations.



## Gooch goes in to bat for youth sport

**FORMER England and Essex cricket captain Graham Gooch was among guests at the Tower Hamlets Youth Sports Foundation prize-giving dinner.**

Other famous faces from the world of sport were West Ham manager Sam Allardyce and former badminton world champion Gail Emms.

The three are pictured with host Sonali Shah at the event, where 38 rising young borough athletes received awards.

For the full story and more pictures see page 35.

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## One way to stay safe

Primary school on road to easing congestion

SEE PAGE 6



## Local talent on artist shortlist

£10,000 painting prize celebrates best new art from the East End

SEE PAGE 10



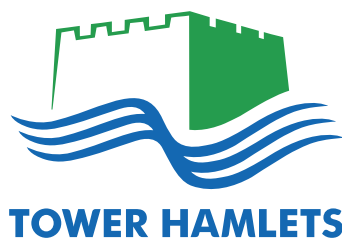
## Meet farms' new arrivals

Lambs, bunnies, kids and chicks frolicking on the borough's farms

SEE PAGES 18 & 19

ISSUE 1059 11 - 17 MAY 2015

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# eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY



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